

How to Take a Professional Headshot from Home

Pick the right locations and lighting:

- Step 1: Pick a simple background, these typically would be a solid-colored wall.
- Step 2: Have good lighting. Natural light is the best, so if possible, take the photo near a window.
- Step 3: Do not use flash this will make you look very pixelated.
- Step 4: Step about a foot away from the background. This usually helps with unwanted shadows.

Posing:

- Step 1: Stand up straight, with your shoulders back.
- Step 2: Have your chin lifted toward the camera.
- Step 3: Turn your upper body slightly, while keeping your head turned toward the camera.

Angle your posture to create a sleek look. If you face the camera straight on your pose will make your shoulders look big, and your head small.

Dress:

- Step 1: Choose an outfit that represents your profession and your goals.
- Step 2: Avoid bold colors and patterns. Sometimes the camera can distort the color and patterns.
- Step 3: Darker colored clothing is proven to draw more attention to the face, so consider that.

Taking the Headshot:

There are two ways you can take the headshot; you can get help from a friend or family member or take it yourself using a self-timer. Either way take lots of photos! You can narrow them down afterwards. Be sure to check them out every five pictures or so to be able to make adjustments of what you do and do not like.

If someone is taking for you:

- ✓ Step 1: Make sure that the photographer is 2-3 feet away from subject.
- ✓ Step 2: Do not zoom in.
- ✓ Step 3: Start with the lens height at your chin, this is a good starting point, and you can adjust as you go.

If you are taking the photo yourself:

- ✓ Step 1: Set the phone/camera up on a surface that is level with your chin.
- ✓ Step 2: Turn on the self-timer feature.
- ✓ Step 3: Start the self-timer.
- ✓ Step 4: Get into position and let the photo be taken.

Editing:

- Step 1: It is suggested you download a photo editing app.
- Step 2: Most smart phones come with built in editing features, so this is also an option.
- Step 3: It is suggested that you adjust the exposure, highlights, shadows, and contrast to help create a sharp image. Be sure to make sure that your face does not look too washed out.
- Step 4: Crop the photo just below your shoulders and leave a little bit of extra space above your head.

Based on Information from External Resources:

<https://www.kirbypartners.com/take-a-professional-headshot/>

<https://www.sitebuilderreport.com/blog/how-to-take-your-own-professional-headshot-with-an-iphone>