



Sandra Sergeant Photography

Notes for Headshots

Your photographs will be looked at very closely by prospective clients and future employers so take this opportunity to shine! Leave your competitors out in the cold; show everyone who you are not just what you sell!

Visit the sites you respect and the ones you plan to advertise on and make a note of headshot styles you like. Pay attention to any images that have inspired you, of a role model perhaps or a pose you want to emulate. Even images you have found that show good use of contrast, colour or lighting will help me meet your expectations. I won't impose my ideas on you. This is your photo shoot so if you have any questions please ask. Here are some things to think about:

Before the Shoot, Try to avoid fatty or sugary foods and anything which will affect your skin tone. Now is not the time to experiment with a new haircut, or a tan (real or fake). Stick to a regime that you know from experience will work.

The Night Before, Prepare your wardrobe & accessories and get an early night. Clothes should be new or nearly new. Worn or even slightly 'tired' clothes will show. Pick an outfit that you look and feel your best in. Make sure your look will attract your target market. Accessories are important and should complement your outfits. (Well applied day make up is perfect to start with; you can go heavier in the studio if you wish, so bring some with you).

On the day, If you know how you want to look – great – you lead the way. Otherwise let me be your guide. Either way relax and let's have some fun.

After the Shoot, Please wait, I'll be in touch when the photos are ready.

I look forward to seeing you!

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