

Modeling 101

- lesson 7 -

*how to
pose and perform*



YOU ARE A SUPER STAR BABY! Oh yes you are honey, like the brightest star! This lesson is one of my favorites because this is when you get to collect your beauty and power and pour it into your poses and pose practices. In this lesson you'll understand the top posing tips every model should know, how to find your favorite poses, and master them!



When you're hired for a photoshoot or modeling job, your employer is expecting you to match the energy they are going for. Your posing and performance must be on point. **Models are performers.** You bring a vision to life with your confident body movements and facial expressions. You must feel confident in your mind-body connection as you move with the camera to represent the brand, show off the garments, and *sell, sell, sell.*

You already have everything it takes to be a killer model. All you need to do now is practice the following tips and you will **SLAY** at every photo shoot!

The following posing lessons will help you master the art of the photoshoot:

Posture

Stand up! Stand straight up and add life to your body by making sure your knees are slightly bent at all times.

Power Stance

Stand confidently with your feet slightly wider than hip width apart. Position your hands on your hips. Inhale deeply and lift your chest with confidence. This works as a power pose anytime you might need a self-love or confidence boost too. I often do this pose in the mirror when I need a pick-me-up. Feel free to play with the positions of your hands and your fingers. They are your magical wands.



Breathe

It's important to keep that blood flowing at all times. You do this with your breathing. Inhale and exhale deeply with your mouth slightly open. Failing to remain connected to your breath, as well as locking your legs (not bending the knees slightly) can cause you to pass out.

Angles

Let's consider your beautiful face and it's role in this. TBH, very few people have perfectly proportioned facial features. Our asymmetrical faces and bodies can greatly benefit from angles. You must find yours. This can take time but be aware of it. If you're worried or unaware of your favorite angles, just remember to slightly tilt your face to one side or the other.



Body Awareness

Harsh truth: a stiff body is very noticeable and unpleasant to look at on camera. You can never go wrong with a slightly bent leg while putting your weight on the other leg. If you can bounce from side to side, transitioning your weight, that's cool too. It's pretty standard to feel like a boss/queen/goddess during this moment. Stand in that power!

“The Ariana”

Another one of my personal favorites, that you’ll often see Ariana Grande do, is the looking back at the camera and over the shoulder pose. You want to make sure that you stand up tall during this pose to elongate your neck and add a unique personality that is fun and flirty.



Check your Surroundings

Your environment is important. Find things around you that you can play with or engage with. Your environment, including the clothes you’re wearing, could all be props to tell a story and add more character to a photo.

No matter what pose you’re doing make sure you always stand up straight and just be your beautiful self. ***Did I mention stand up straight?!*** It’s important to be flexible and remind yourself that modeling like anything is a skill that requires practice. If you get overwhelmed with the poses, stick to your favorites and just try to be creative when you can.

self-reflection:

- ☆ Do you currently have go-to poses or facial expressions for taking pictures?
- ☆ What are some ways you can harness self awareness as you practice your poses?
- ☆ Are you remembering to breathe?
- ☆ How do you practice staying connected to your mind and body?

video resources

Tips for Posing and Performing:
<https://youtu.be/V44bF27Zzcg>