

# YOUR PHOTOSHOOT

what to expect, and how to  
prepare



*Ciara Elizabeth*  
PHOTOGRAPHY

## WHAT IS THE PROCESS?

We know photoshoots can be scary and sometimes downright uncomfortable. This guide will help prepare you for the whole process and hopefully let us work together to avoid any feelings of awkwardness and focus on loving who you are and everything that makes you beautiful.

01

**Complete and submit  
your Pre-Shoot  
Questionnaire**

02

**Our in person or  
zoom consultation  
where we will go over  
your questionnaire  
and desires.**

03

**If we are both on the  
same page! It's booking  
time. We will settle on  
the date, time and  
location and deposit paid.**

04

**Time to Prep for the  
shoot. Stay in touch. If  
you have any worries or  
concerns, don't hesitate  
to shoot me an e-mail.**

[ciaraelizabethphotography@gmail.com](mailto:ciaraelizabethphotography@gmail.com)

05

**Days leading up to the  
shoot. It's time to pick  
your wardrobe, think  
about the small  
details. Hair, makeup,  
wardrobe can make all  
the difference.**

06

**Shoot Day!  
Arrive early so you  
have time to relax  
and get into the right  
head space.**

**HAVE FUN!**



# Things to consider

## BEFORE YOU BOOK YOUR SHOOT

1. **Style.** Why me? I might not be the photographer for you, and that's totally fine, but we won't be able to figure that out if you don't have a clear idea in mind of what you're looking for. 'Photos' doesn't really tell me much. If you just wanted a plain old picture anyone could do that for you. Show me examples of photos you like, on my page or others. Maybe make a mood board or show me Pinterest ideas.
2. **Expectations.** 'I want to look like Kim Kardashian' Well, let's be real. Kim Kardashian doesn't even look like Kim Kardashian. We want you to look like YOU because you are incredible! This is why I do minimal photoshopping, so if you wanting major retouching and manipulating into looking like someone else, I am not the photographer for you.
3. **Comfort Levels.** Not comfortable in front of the Camera? That's why I'm here, and that's why I ask you to fill out the questionnaires. If I know what things you're nervous, or perhaps insecure about something. I can help to make you more comfortable and at ease. Maybe you have a nervous habit... If I'm aware of it I can make sure we don't capture it on camera.

4. **Ask Questions!** Keep the surprises to a minimum. Ask and you will be answered. I would rather you get all your questions and uncertainties out ahead of time so you can just focus on the shoot itself. Budget? Hair/Makeup? Wardrobe? If we haven't talked about it, just ask!

5. **Time is Valuable.** Yours and mine. So make sure any scheduled days and time leaves you enough leeway to get ready so you're comfortable and arrive on time and without added stress. If you show up late, you don't get that time back and if you're late and frazzled, well, it's not always the most conducive to taking great photos. Mindset matters..

6. **Keep Talking!** Basically, everything comes back to being in constant communication with your Photographer. If you book a shoot and then don't talk to us leading up to it, it becomes very difficult to prepare. We all get busy but filling in those questionnaires, responding to the DMs and e-mails are all vital for the best possible experience for both you and your photographer. We want you to be happy and we also want to have an enjoyable experience with you so it's all about keeping that line of communication open.





## **EXPECTATIONS: WE WON'T BE PHOTOSHOPPING YOU**

**At least not to any extreme. Yes, I'll get rid of that unexpected zit, bruise or scratch, we'll edit the tones, light, contrast to make your picture the best it can be. But I won't change who you are.**

# Breaking the cycle...



*"I do not look like that  
and more importantly, I  
don't desire to look like  
that."*

**KATE WINSLET**

Discussing her upset over excessive retouching of her photographs.

When we are constantly bombarded with unrealistic representations, retouching, manipulation, filters...it distorts our view of what is natural and truly beautiful. It only serves to reinforce negative self image and it's time we break that cycle. Let's take back our power.



# Leading up to the shoot

## WHAT DO YOU DO?

**What should I wear?** Whatever makes you feel the most comfortable. Keeping it simple is best.

In groups, keep colours and patterns complementary as opposed to completely matching. It tends to help individuals stand out more.

If you have some outfit ideas feel free to e-mail message me for opinions. Just make sure all your clothes are clean and neat, wrinkle-free.

**Appearance?** Clean hair, simple makeup. If you want to get your hair and makeup done do it! But it's not necessary.

Make sure your skin is well exfoliated and moisturized and for everyone I recommend drinking lots of water for the days leading up to your shoot and lip balm regularly. Dry, cracked lips are not the most comfortable and they're hard to smooth post-shoot!

If you are prone to dark under eyes I do recommend concealer because the camera will often accentuate them. More in-depth photo makeup tips? [Go here](#)

**Don't forget the small details!** Again, you don't have to get your nails done, but make sure they are clean! Old, chipped polish or dirty, cracked nails are distracting in a photo.

Same with dull or dirty jewelry. If you're going to wear it make sure it's clean and polished.

**Keep an eye on the weather!** Is it going to be hot? Make sure you bring yourself water. Cold? Bring extra layers, gloves, jackets, blankets.

Is it the middle of summer and we'll be shooting outdoors? Consider the bug spray! There is nothing worse than being attacked by mosquitos while you're trying to do a photoshoot.

*“Preparation, I have often said, is rightly two-thirds of any venture.” – Amelia Earhart*





# Shoot Day!

## WHAT TO EXPECT?

**Be Prepared.** Show up on time (or preferably early) and ready to go! Hair, makeup, wardrobe ready. We want to make the most of the time we have available to make sure we get the best shot.

**Changing Outfits?** Keep in mind the location... will you have a place to change? Maybe consider just simple changes like sweaters, jackets, accessories, things that can be added, layered. They can completely change your look without you having to actually change your look.

**Let Loose.** Don't be too worried about posing. I will direct you into poses I think will best suit what we've planned and discussed but, some of the best photos are those carefree and candid moments. Laugh, spin, joke. If you're in a group interact with one another.

**Be Vocal.** If you do have an idea of a pose that you want to try don't be afraid to bring it up or ask. This is a collaboration, not everything we try may work but it's always worth trying.

If anything makes you feel uncomfortable or unsafe, please let me know. I try to make shoots a safe experience but we all have different levels of comfort.

**Have Fun.** This should be a fun experience that we both leave feeling good about the work. So come in ready to have a good time and we will!

**Say No to Negativity.** This is not always easy but, leave your negativity at the door. The first step to a positive self-image is banishing those negative thoughts.

*“A strong, positive self-image is the best possible preparation for success.” – Joyce Brothers*





# So we took the photos...

## NOW WHAT?

**So it's the end of our session and we've taken the photos. What happens next?** Well, your edited photos are available within 3 weeks of your session. Once they are done, they will be uploaded with watermarks to your own private online gallery.

There you will choose your included digitals at which point they will be uploaded in full resolution with the watermark removed for you to download. You can also order additional single digital files, from your online gallery.

*"We want to give girls the truth, not a fabrication." – Hayley Hasselhoff*

**Things that are important to remember with your photos.**

**Remember your expectations.** We are capturing and presenting the best version of YOU. Your photos will represent your beautiful self and no one else.

I will edit out that blemish, or scrape, that smudge of makeup, soften that skin.

I will not: 'Make me thinner', 'edit out all those wrinkles', 'get rid of those jowls'

I CAN do those things, but I choose not to.

Why: Because I believe in showing you! Your real beauty. Part of this experience is helping you to realize you are amazing as you are.

**Banish that Saboteur.** If you come in to view your gallery focusing on a negative self-image... you will focus on your perceived flaws instead of the reality.

If I'm showing you these photos, I wholeheartedly believe you look incredible. I'm not in the business of showing off bad photos...that's not good for anyone.







# Other Useful Resources

- [10 Things to Consider Before Your Shoot](#)
- [What Kind of Additional Costs Could Expect?](#)
- [Can I Just Get All The Digital Files?](#)
- [No I Won't be Photoshopping you.](#)