

Posing Help for Portrait Photographers

Kristin Rutkowski Photography

www.kristinrutkowski.com

www.instagram.com/kristinrutkowski.com

www.herhelm.com

A person is in front of my camera – what do I do???

- Remember - They are nervous! They don't know what to do, and are uncomfortable. It's your job to put them at ease. This will result in better portraits.
- You need to exude confidence!
- Build a connection first – talk to them, relate to them, let them relax.
- Get to know what kind of person they are, and how they want to come across in the portrait
- Connection and expression is more important than the posing rules
- DO NOT TOUCH
 - Mirroring
 - Hand gestures

Single portraits

- Give the hands something to do
- Asymmetry is good
- Add curves and angles
- Movement can help
- Watch for objects in the background
- Be age appropriate
- Some tips
 - Whatever is closest to the camera is what is emphasized in the portrait
 - Chin position (stick their neck a little out) can help the jaw line



Group portraits

- Fill in the spaces
- Show connection
- Pose the entire group in clusters of triangles



You can break the “rules”



Confidence

- You are in charge of the session
- Always be positive and genuine
- Share a peek at the back of the camera
- Distract them from their discomfort







Other resources

- “The Photographer's Guide to Posing: Techniques to Flatter Everyone”
Lindsey Adler
<https://bookshop.org/books/the-photographer-s-guide-to-posing-techniques-to-flatter-everyone/9781681981949>
- “Picture Perfect Posing: Practicing the Art of Posing for Photographers and Models”
Roberto Valenzuela
<https://bookshop.org/books/picture-perfect-posing-practicing-the-art-of-posing-for-photographers-and-models/9780321966469>
- Creative Live
https://www.creativelive.com/catalog?q=portrait%20posing&via=site-header_0
- SLR Lounge
<https://www.srlounge.com/posing-workshop>
<https://www.srlounge.com/?s=posing>
<https://www.youtube.com/c/SrloungeOfficial/featured>

PRACTICE PRACTICE PRACTICE