

THE STYLE COACH™

Confidence In Style

3 July 2023

Dressing For Your Body Shape Week 6

How To Pose

- Focus on how you WANT to feel in a photo. What does that look like? What does that feel like?
- How would a confident person pose in a photo?

Key Things to Remember

- Lengthen the back
- Drop the shoulders
- Pointed toes/hands if appropriate
- Use the space you have

Some Techniques To Try

- Create angles using limbs
- Give your hands something to do
- The Fake Walk
- The Laugh
- Hand on Hip

Check out some examples on Pinterest and try it for yourself
<https://pin.it/1cKtOd9>