



EN Studios Guides & Insights

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A Quick “How to Prepare for a Session!”

by [Andrew](#) on October 12, 2025



At EN Studios, we’ve photographed many professionals—leaders, founders, creatives, and entire teams—and one thing stays true: the best photos happen when you feel comfortable, prepared, and like yourself.

Whether you’re walking in for a quick session or planning a full day, here’s a quick guide on how we recommend getting ready so your images look polished, current, and authentically “you.”

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#1



Build Trust First: Relaxed People Photograph Better

A great photo starts before the camera comes out.

If you can, connect with your photographer ahead of time—even a short call helps.

When you know what to expect and feel understood, your body language softens, your expression looks natural, and the session moves faster.

If you're in a tight corporate time slot, don't worry—our job is to guide you quickly. But the more we can reduce “unknowns,” the better your results.

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#2



Remove Decisions on Shoot Day

Decision fatigue is real.

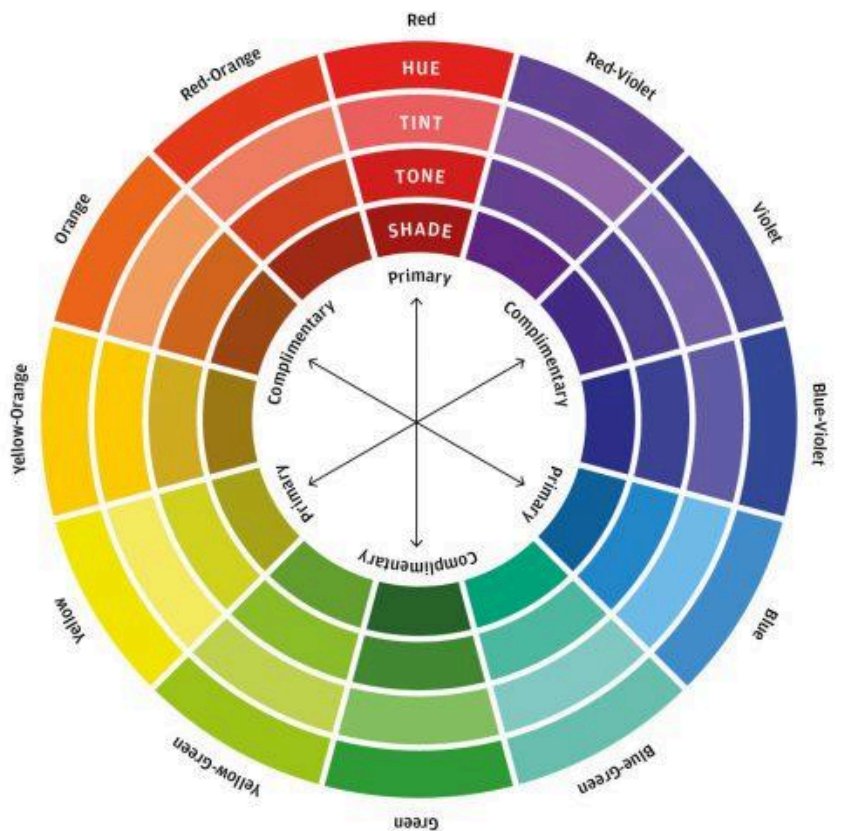
The goal is to show up and simply perform, not problem-solve.

Plan outfits in advance, steam everything the night before, and lay your looks out in the order you'll wear them.

If you're bringing options, bring complete outfits (top, layer, accessories) so you're not trying to build a look under pressure.

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#3



Choose Colors That Work With Your Complexion and Background

Color matters more than people expect.

Neutrals are always safe, but the best choice is the one that complements your skin tone and creates separation from the background.

If your background is light or cool (white, gray, blue tones), darker or warmer wardrobe tones usually photograph beautifully.

If your background is darker, lighter tones can lift you.

When in doubt: navy, charcoal, cream, and earth tones are consistently strong on camera.

#4



Neutral vs. Bold: Match Your Industry and Your Brand

If you work in a traditional space (finance, law, accounting), neutral palettes and subtle patterns tend to read as timeless and credible.

If you're in a modern or creative field (tech, marketing, sales, design), a confident accent color—tie, blouse, jacket, jewelry—can help you stand out while still feeling professional.

Our rule: bold is great when it looks intentional and keeps attention on your face.

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#5



Fit and Comfort Are Non-Negotiable

If your clothing pinches, pulls, rides up, or makes you fidget, it will show.

Wear pieces that fit well through the shoulders and chest, and that let you breathe and move naturally.

Layers (blazers, structured jackets, cardigans) add polish and dimension—and they give your hands something natural to do when posing.

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#6



Keep Accessories Minimal and Purposeful

Your face should be the hero.

Choose simple jewelry, avoid overly busy patterns, and skip anything that steals attention.

We also recommend removing tech wearables when possible (smartwatches, bulky fitness trackers) for a more timeless look—unless they're genuinely part of your daily professional identity.

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#7



Dress Like Your Brand

A photo isn't just an image—it's visual communication.

Founders, coaches, and creatives may want wardrobe choices that feel more personal and story-driven.

Teams may want brand-aligned tones that feel cohesive across a website.

Either way, your outfit should support what you want people to feel when they land on your profile: approachable, authoritative, modern, warm, bold, etc.

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#8



Coordinating a Team: Consistency Without Looking Like Uniforms

For teams, aim for the same level of formality first (all ties or no ties, all business or all business-casual).

Then keep colors within a complementary range so the group looks unified without being identical.

The biggest thing to avoid is one person in a dramatically different color or formality level—it unintentionally pulls attention.

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Framing and Hands: What Actually Works

Most professional headshots land best from mid-torso to just above the waist—enough to show posture and presence, while still keeping focus on the face.

Hands matter more than you think: hands in pockets (when wardrobe allows), arms crossed (done with good posture), or hands lightly resting on a surface all read confident and natural.

We'll direct you—but wearing something that allows comfortable hand placement helps a lot.

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#10



Seeing Images During the Session Helps You Relax Fast

At EN Studios, we love feedback.

When you see a shot you like early on, everything changes—your shoulders drop, your smile becomes real, and the session accelerates.

If something feels off, we'd rather adjust it immediately than discover it later.

The goal isn't perfection in every frame—it's getting your best frame.

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Final Thoughts

Your photos should feel like the best version of you on your best day: confident, current, and real.

Prep reduces stress, and reduced stress always photographs better.

If you already have a session booked, use this as your checklist—and walk in knowing you're ready.

If you're planning photos for yourself or a team, EN Studios is always happy to guide wardrobe, consistency, and overall look so the final images feel intentional and on-brand.

If you already have a photoshoot scheduled, we hope it goes smoothly and that this guide has been genuinely helpful in your preparation.

Also, you're always welcome to explore our latest work on our website or social media.

Hopefully this quick guide was what you needed in order to prepare and we'd love to hear how your session goes!

[FIND OUT MORE ON OUR WEBSITE](#)



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