



Taking a professional photo with your smartphone

Everything is moving online and the ability for digital headshots has never been easier. You can take a great headshot of yourself using your smart phone, so below is some simple ways to make it look professional and ready to be inserted into your CV.

There are four main things to keep track of when taking your own photo:

- Lighting
- Expression
- Angle
- Background

Let's get started...

1. Good Lighting

The most important part of good lighting is where the light is coming from. Check for a space where the lighting is coming from the front and slightly above. The best way to get lighting like that without any professional equipment is by standing in front of a window in your house, about 1.5 metres away. This will create soft lighting and you won't create harsh shadows on your face – if you have a ceiling light on, make sure it is front of you and you're not standing directly under it!

2. A Happy Expression

A happy, but genuine expression, is extremely important for a future employer to see. Remember it's not your passport photo so you can smile and feel happy! Practice - your first take won't be the one you use. There are a range of ways to take the photo too; self-timer, photo bursts or you could even set it to video and select a frame as your photo. Just look at the camera and start smiling, if you are worried your smile looks unauthentic - start laughing as you will capture your most natural smile this way!

3. The Right Angle

If you stand lightly side-on to the camera and then move your face towards the camera it will feel and look like a professional headshot. Try to make sure your chin doesn't tilt up to high or too low – you want to make sure the camera is pointing straight at you and that you are looking into the lens.

4. Professional Background

The background of your headshot should look professional. Unless you're shooting in Portrait Mode, most smart photo backgrounds will be completely in focus. To look as professional as possible, either change it to a mode on your phone that will blur the background or stand against a wall with no distracting textures or patterns.