## Photoshoot





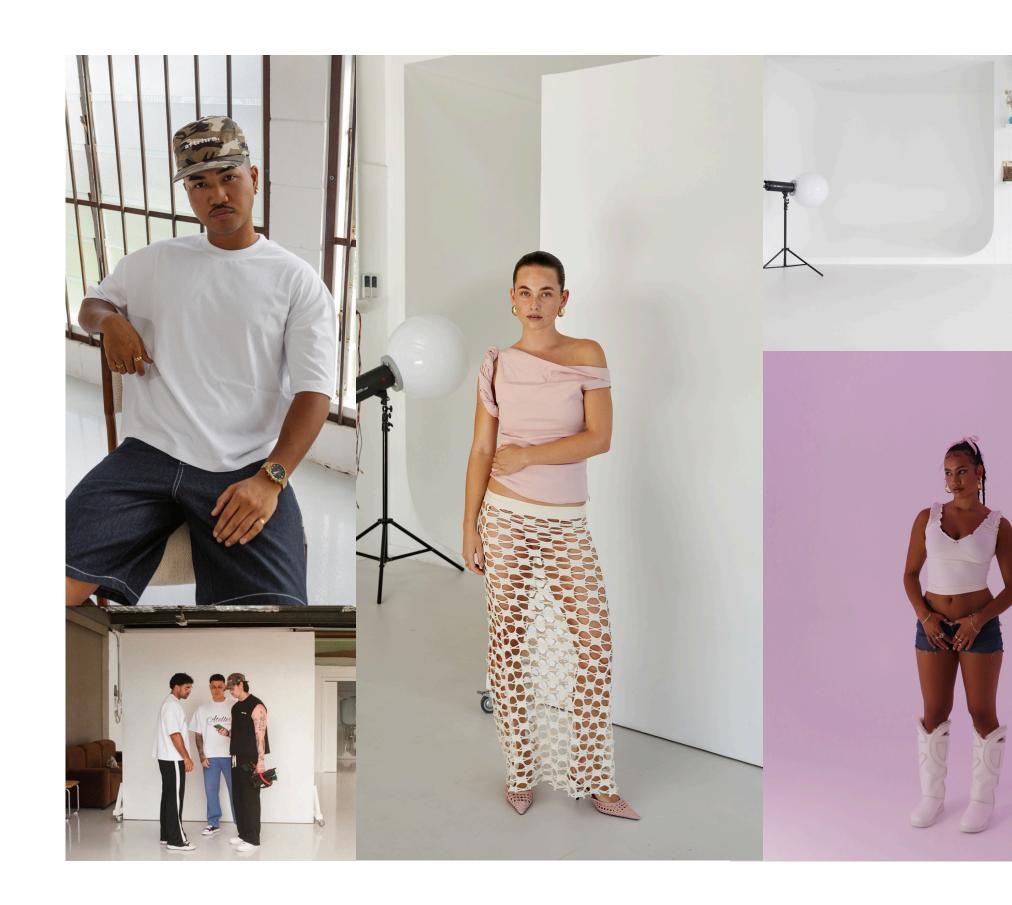
#### **Flavrstudios**

A home for your creativity, an online space that encourages your expansive thinking. A fully supported photoshoot experience that results in your most captivating visuals yet.

## f.

### Studio Photoshoot Guide

Our goal is to elevate the standard of art we produce in the studio.
Use these guidelines to assist you in a clean, professional, and consistent look across all shoots.



## Moot Guide

### Moodboard

We have a magnetic vision board in studio so have your visual inspiration printed. This acts as an anchor point for your team throughout campaign day. We collect the images that speak to us then write notes to specify what detail of that image is being referenced.

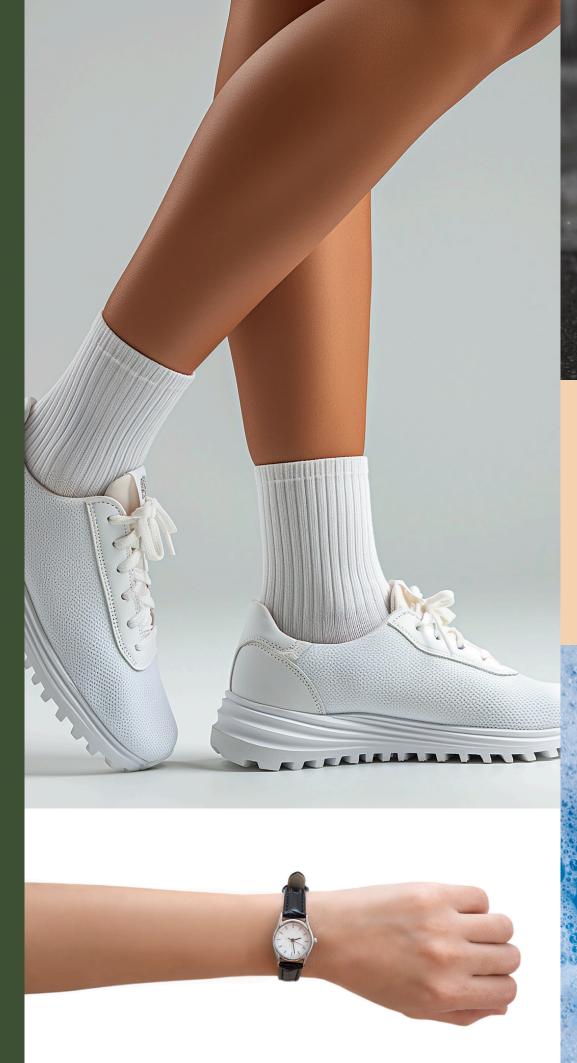
It looks a little something like this...



## Personal Appearance

- Hair & Accessories:
  - Remove hair ties from wrists.
  - Remove jewellery unless it's a deliberate part of the look.
- Shoes & Socks:
  - $\circ$  White shoes  $\rightarrow$  wear white socks.
  - ∘ Black shoes → wear black socks.
  - Avoid mixing colours unless specifically styled for the look.







## Apparel Guidelines

- Each outfit should be steamed before the shoot.
- A steamer is provided in the corner cupboard of the studio.
- Avoid large t-shirt logos or prints; clean, minimal designs elevate the aesthetic.









## Photo Composition for Social Media

- When shooting portrait images for Instagram, position the subject's head around 2/3 of the way up the frame.
- This leaves space at the top for titles and captions without cutting off any key parts of the subject. (Visual guide to the right)

#### Set Dimensions for Photo Reference

	Instagram Dims	
	Top of head	
,,,,,,,	Feet	



## Leadership & Energy Management on Set

#### Be Prepared

- Double Your Time Estimate: Plan your shoot for longer than you expect to actually spend in the studio. This cushions against unexpected delays.
- Shot List & Storyboard: Have a complete shot list or storyboard so everyone knows what's coming next.
- Props & Materials: Confirm who is responsible for props, wardrobe, and any special equipment.
- Roles & Responsibilities: Clearly assign roles ahead of time—head photographer, stylist assistant, BTS content creator, prop manager, model coordinator, etc.Make sure every artist knows their role so they can focus on their art without interfering with others.
- People & Expectations: Share the plan with your team at least 1 week in advance. Ask them to review it and raise questions early.



## Leadership & Energy Management on Set

#### **Nurture Energy**

- Scheduled Breaks & Meals: Ensure each creator has dedicated time to eat and recharge.
- Soundtrack Matters: Play mellow, uplifting music that supports focus and energy. Avoid high-intensity pop tracks that can drain energy over the day.
- Lead by Example: Demonstrate patience, energy mindfulness, and attentiveness—your team will mirror your behaviour.
- Allow Ideas to Flourish: Give each concept or shot enough time to be executed at a high standard. Rushing leads to compromises.



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