Lighting is Everything

In most cases, the best shot involves facing directly at your light source, be it sunlight or a lamp. Shooting against the light source will put you in a full-face shadow. Big no-no.

Mind Shadows and Reflections

Is half your face draped in shadow or can we see the camera reflected in your glasses? Make smart choices here.

Use the Timer

Many cameras come with a timer. Set up the shot you want and then set the timer. Give yourself at least 10 seconds to get in front of the camera and ready.

Turn the Flash Off

It's tempting to use a flash but this will almost always ruin the photo. Turn the flash off and rely on natural light.

Eye-Level Angle

Hold your phone up to eye level when taking the shot to avoid a photo of the inside of your nose. Try to level your shoulders to avoid bunching or creasing in your shirt or jacket.

Take A Better Portrait

You spend a ton of time developing your professional image, do the same for your professional profile photos.
Here are 10 tips for how to take a better photo, even a selfie.

International Association of
WOMEN

Background Counts

Avoid distracting or embarrassing backgrounds. Solid color background is always a good choice. Make sure your clothing contrasts with the background.

Simple Tech Fixes

Make sure your lens is clean. Wipe it down with that microfiber cloth you use on your sunglasses.

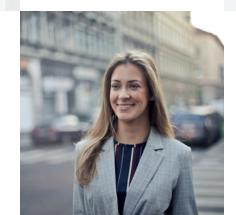## Avoid Pixelation

Set your camera to the highest resolution. This will reduce pixelation. Min 72 DPI, or 400-600 pisxels.

Turn on the Grid

Most cameras have a grid function you can turn on. Position yourself in the middle of this grid. And Keep your eyes level.

Relax

Relax your eyes, mouth and cheeks. Give yourself a little pep talk, and give us an easy smile. Your self-confidence will burst right through the photo.