

YOUR PATH TO KILLER HEADSHOTS!

PREPARATION (Answer these questions first thing. Like, now!)

- Write down a clear list with descriptions as to what type of look(s) you are needing.
- Why do you think so?
- Do these looks presently exist anywhere in film or on TV? It should. Which shows/movies
- Are you going for a look(s) that is/are actually YOU or just an idea of you? Give this some serious thought.
- Do you have your character developed? If not, don't shoot just yet. Develop your character(s) first.
- Work the CBSI CHARACTER BREAK-DOWN SHEET under STUDENT RESOURCES on our website.
- Flush out your character's INTERNAL STORIES for each look?
- Dial in the appropriate MUSIC – MOODS – ATTITUDES – ADJECTIVES – AGENDAS – DISPOSITIONS – for each character.
- Spend some time with, planning IMAGE - WARDROBE & HAIR. The looks must work for you. Make a collage, or vision/inspiration board if it helps.

DURING THE COACHING WE'LL DISCUSS

- Whether your choices compliment or pull focus from your eyes? -- This is hugely important.
- You'll also be coached on what to stay away from. The different traps actors fall into all the time. I'll be helping you with this. Keep in mind, just because you like the look doesn't mean it'll necessary work for the shot.
- Remember, these shots aren't for your family. They're highly powerful among the actor's most important BUSINESS TOOLS.
- You'll be given tangible techniques (tools) that will give you strength and internal confidence during your shoot. • Are you looking at them or are they looking at you? We'll make certain you understand the importance of this.

DURING THE ACTUAL SHOOT

- You'll be playing music on set. Specific music to play for each character. You'll be equipped with the knowledge of music's importance. Knowing this will be a part of your preparation you can start gathering songs that make you think of each character/look.
- You'll know where you actually place your focus when looking at the camera. Clear signals are of utmost importance.
- Breathing. You'll be able to find your proper rhythm and flow you won't get caught holding your breath. • During the coaching you'll learn how to avoid getting stuck between frames and winding up with shtick. You'll know how to keep the session flowing.
- We'll nail down your inner dialog and story, thoughts & emotions for each look.

ONCE THE SHOOT IS OVER

- Great! What now? I'll be assisting you with these next steps to take.
- Who should I share my photos with? • Who should I listen to? Who's opinion should I trust?
- What should I do with the shots I like? (Retouching, Printing, Uploading, Sending).

This process, when done correctly, takes a few weeks to complete. Remember, preparation is roughly 89.5% of any job. If you want great shots, DO NOT RUSH THIS PROCESS!

