

## **Benefits of Self Portraits**

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### 1. Discover Poses That Fit Your Style Of Photography

**Shooting self portraits will help you discover and build a catalog of poses that you know will work for your unique style of portraiture.**

**This will make your photoshoots more efficient and more fun as you won't be fumbling about trying to figure out what poses to use**

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### 2. Understand The Physicality Of Posing & Modeling

**Shooting self portraits will help you understand just how difficult, and how physically demanding it is to get into and hold a pose.**

**Understanding this will help you better work with your model/client because you will understand the difficulty of posing**

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### 3. Foster Better Communication With Models/Clients

**Knowing the poses you want to use and understanding the physical movements required to get into those poses will allow you to communicate more effectively with your model/client.**

**This will also help make the shoot more efficient and enjoyable, and it will allow you to better help your model/client get into the poses you want for the shoot.**