

TAKE THE STAGE

A CREATIVE CAREER FRAMEWORK BY AYA HOJADOVA

HEADSHOT SESSION BRIEF

Headshot Session Brief

Shaping First Impressions with Intention

AYA'S HEADSHOT NOTE

Use this page to prepare for your headshot session with clarity. Your goal is not to look like someone else. Your goal is to be captured clearly.

The goal is simple: walk in prepared, grounded, and clear about how you want to be perceived.

1) Your Intention

Complete this sentence before choosing wardrobe or visual references:

I want my headshot to communicate that I am:

_____ / _____ / _____

(Choose three qualities you want felt immediately.)

2) The Rooms You're Walking Into

Your headshot should align with the opportunities you want to be considered for.

The roles, projects, or collaborations I'm targeting are:

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3) Your Shot List

Choose 2-4 looks that support your identity and your direction.

Look #1 (tone / role type): _____

Look #2 (tone / role type): _____

Look #3 (tone / role type): _____

Look #4 (tone / role type): _____

4) Wardrobe + Grooming Notes

Keep it simple. Choose what supports you.

Wardrobe pieces I'm bringing (including backups):

Hair / grooming plan (scheduled + realistic):

Makeup plan (if applicable):

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5) Visual References

Bring examples that reflect how you want to be perceived.

The tone of my visual references is:

Where I saved them (folder/link/album):

6) Photographer Details

Clarity now prevents confusion later.

Photographer name: _____

Session date / time: _____

Location: _____

Pricing includes:

☐ Session time

☐ Number of looks: _____

☐ Retouched images: _____

☐ All images provided: ☐ Yes ☐ No

☐ Turnaround time: _____

Notes / agreements (anything you want to remember):

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7) Presence Reminder

When you arrive, return to this:

The version of me I'm bringing to this session is:

One sentence I want to remember in front of the camera is:

Session Commitment

Before the session, the one thing I will do to feel prepared is:

NEXT STAGE ACTION

Before your session, choose one word from your intention and practice carrying it in your body. Let the camera meet the version of you that is prepared, grounded, and clear.

CONTINUE THE WORK BEYOND THE PAGE

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