

A GUIDE TO

YOUR COUPLES SESSION

TIPS + RESOURCES TO GET YOU READY FOR
YOUR PHOTO SESSION



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PHOTOGRAPHY

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HOME SESSION



Our session is coming up, so I thought some tips would be nice! Every single couple I work with comes into the engagement session completely nervous- so you are not alone!! I mean think about it, how often do you do this?! They always joke about how awkward they are in front of a camera (aren't we all!?) but getting relaxed and laughing when you feel awkward or silly gives us FABULOUS natural photos.

I've put together some tips for you to feel more at ease and prepared! This guide will cover what to expect during our shoot, tips on what to wear, and how to stay relaxed during your session so you two can walk away with THE best photos that really capture your relationship.

HELLO & THANK YOU

01

HELLO THERE

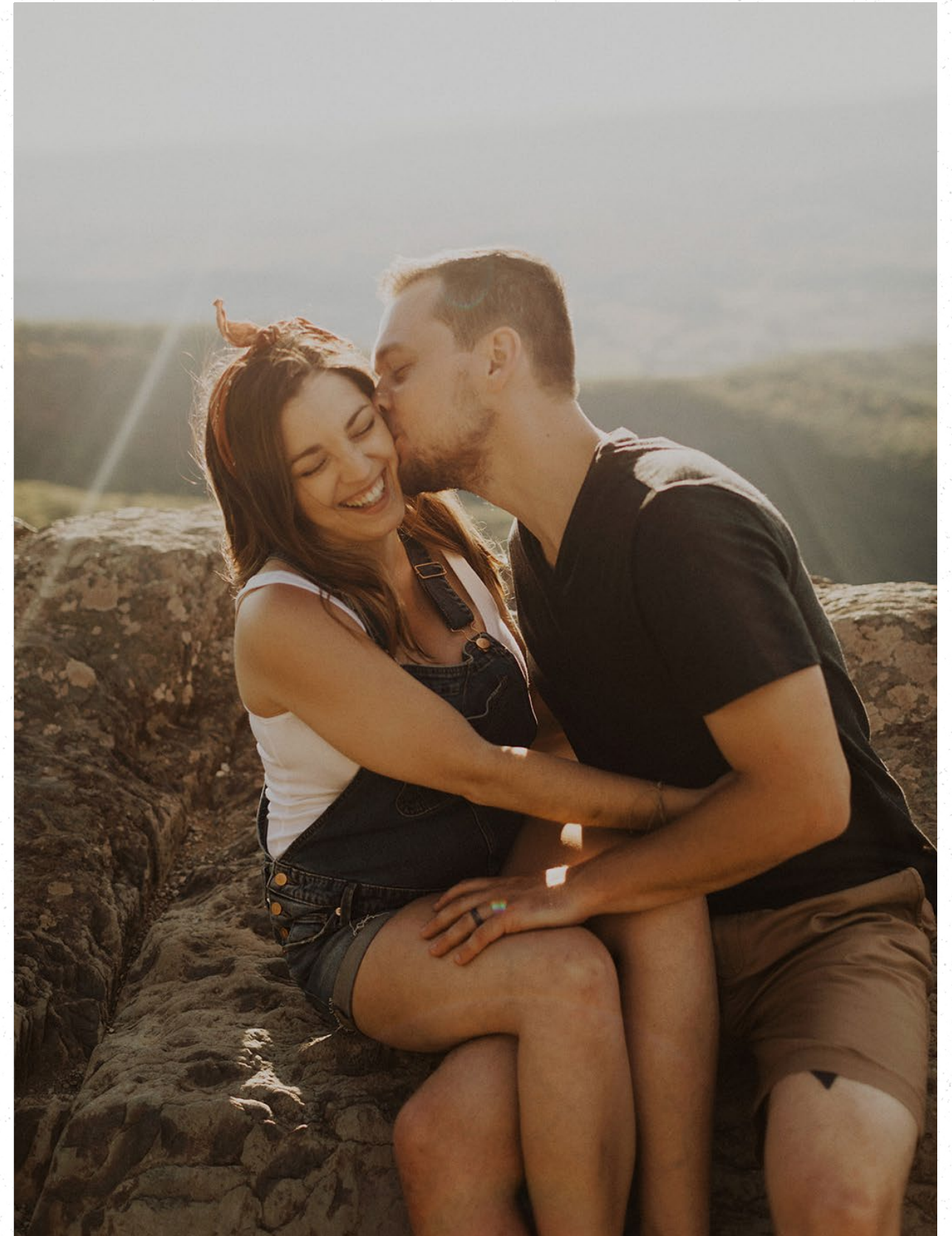
02

WHAT TO EXPECT

I'll repeat all this at the beginning of our session, so don't worry about committing it to memory !

Expect to move around a ton! I'll give you suggestions and guide you along the way, but my directions will be super general, cause I want you to do everything your own way.

My biggest piece of advice would be to pay attention to how you two interact over the next few weeks/ days. How do y'all sit on the couch together? Who's the big spoon? Are y'all super silly together or more reserved? When y'all go on a walk, do you like to hold hands or wrap arms? What are your love languages? These are things y'all don't even think about on a day- to- day basis, but might feel stuck on when the camera comes out!



03

TIPS + SUGGESTIONS DURING YOUR SESSION

1. MOVEMENT

We want to move around as much as possible! Everything doesn't have to be a huge/ totally different movement though. Movements can be super small like: swaying, running your fingers down your partner's arms or along their jaw line, playing with your hair, looking all around the space, pulling in and out as you walk, etc.

The more you move, the more relaxed you'll feel and bonus-the more photos you'll have because you'll be doing something different in all of them!

2. DON'T LOOK AT THE CAMERA ALL THE TIME

I want your attention to be focused on each other throughout the session. Enjoy this little bit of time together to relax away from wedding planning and work... and crazy life in general. No worries though... I will tell you when to engage with the camera... but as a general rule just keep your eyes on each other, down towards the ground, or off in the distance.

TIMELINES

Real love moments.



3. IF IT BENDS, BEND IT

I definitely do not want you to feel or look like a robot. It sounds silly, but this just doesn't come naturally to everyone. Really if it can bend, bend it a little! Elbows, fingers, etc. We don't want any straight, stiff arms or legs!

4. KEEP DOING WHATEVER IT IS YOU'RE DOING

Keep doing whatever you are doing until we move onto something else!! I'll be busy getting different angles and all that good stuff. So if I don't say anything for a minute, just keep on!

5. DON'T WORRY ABOUT BEING "RIGHT"

I might say something like "Okay, y'all walk over by that tree together and cuddle up". Do that however you naturally would so it looks like you!

6. LAUGH!

Seriously though. Laugh it up! Any time you feel a little out of place or nervous, just let it out! Why all the laughing though? Aside from getting you guys to feel comfortable, everyone looks good when they laugh!

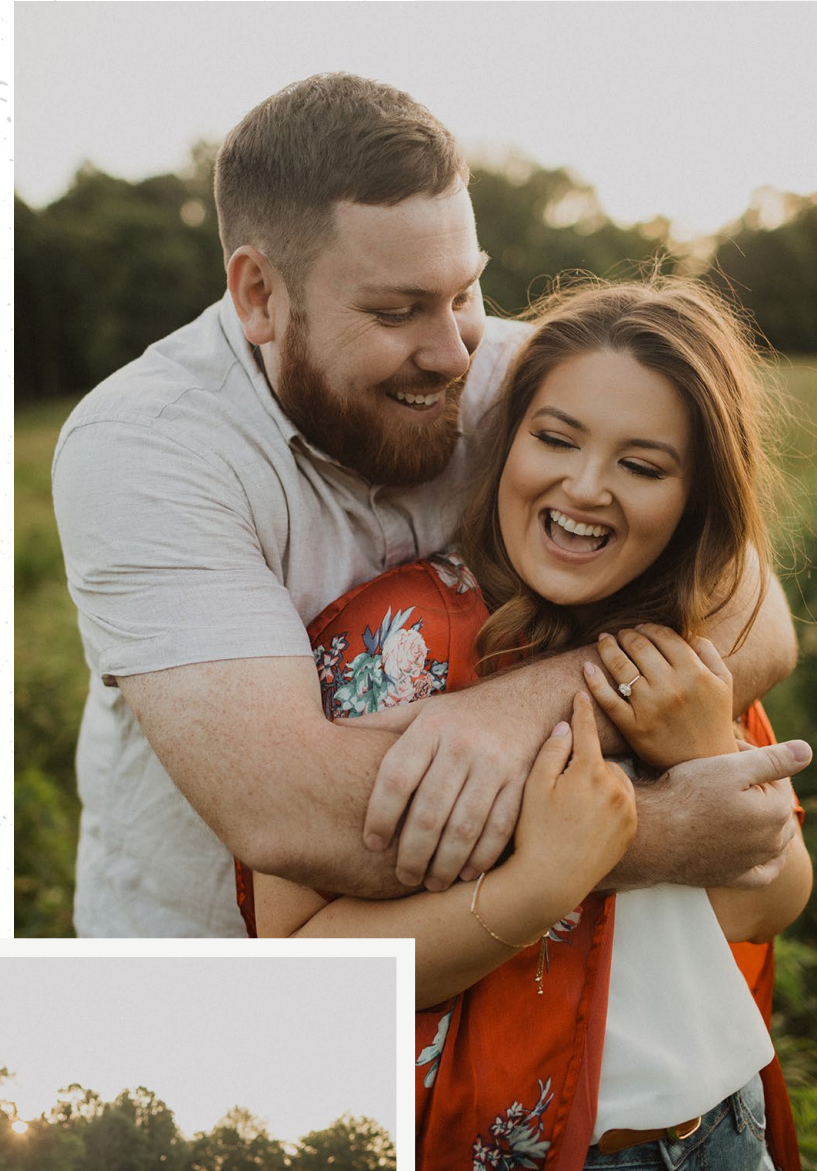
So before our shoot, think about some funny situations or stories you guys have of each other or even your own supply of jokes! ANYTIME during our session, lean in and whisper one of these babies- promise I won't mind! It will create some great moments of the two of you laughing together and simply enjoying each other.

7. LEAN INTO THE CAMERA

We'll be moving around and swaying, but leaning into the camera is the money shot!

8. STANDING STRAIGHT

Try not to hunch over as much as possible! I'll keep an eye out.



9. WHAT DO I DO WITH MY HANDS!?

This is probably the biggest question! Your hands can always be wrapping up your partner or running your fingers through their hair!

Ladies, keep your fingers soft and interact with your partner. You can also play with your hair, push your hair behind your ear, play with your dress/ skirt, or put your hand on his chest/arm.

Fellas, hold your partner's hands, snuggle, hug, also interact! You can put your empty hand in your pants pocket or let it be natural at your side if it's not on your partner!

10. MAKE IT YOUR OWN

You're probably getting this point by now, but it's so important! I'll be giving you general directions, because I really want you to do what comes natural to you. For example, I might say "snuggle up"- what does that look like for you two? Doing what feels "like you" is what leads to the most meaningful photographs.

11. RELAX

Breathe. Shake it out (literally if you need to!). I know it can be overwhelming to be in front of a camera, so remember that there is no wrong way to do anything. Again, it's important that you guys just do what comes naturally. I might say "sit together in the grass" or "Walk together towards me"- you guys might walk hand in hand, arm around her, looping the arm. Just don't question yourselves- it's the little "imperfections" that make it better.

12. STAY CONNECTED

Stay connected to each other. Always touching, cuddling, kissing. I know this can feel super awkward in public and we are just sprinkling a stranger with a camera on top, but remember... this is all about showcasing your relationship, your love, and your excitement! Be prepared to wrap your arms around one another, hold hands, snuggle up, and kiss.... You can do these on your



13. FEEL FREE TO BE SPONTANEOUS

Don't be afraid to run up behind your love with a big bear hug or tickling! Piggyback rides are super fun or fellas, feel free to pick her up and spin around! Be playful! You don't have to wait for me =)

14. KISSING FOR PHOTOS 101

You guys will do a lot of kissing during our shoot! The trick is to smile before the kiss and move in SLOWLY instead of doing the pucker "duck" lips. You can even pause like right before the kiss in the beautiful "almost" moment. After you kiss, you want to smile too (this will probably just happen naturally). You also want to hold your kiss- no quick pecks today!

15. HAVE FUN!

Most importantly, have fun with this!! It's okay to be silly and take some time to just "be" together in a place you love!



04

WHAT TO WEAR

Number one, I always recommend bringing options. I'll pick + pull from the options you guys bring and have you change depending on the location we are shooting in if you are feeling stuck. This way I can make sure that your outfits are complimenting our environment so that the focus on you two. We don't want your outfit to be a distraction- and yes it definitely can be. Your job is to make sure that you feel like a million bucks in all the stuff you bring!

No need to bring your entire wardrobe though! That would be waayy to many options and take too much time away form your session. I suggest bringing 3 or 4 pairs of bottoms and 4 or 5 tops each max. Then you can bring dresses, accessories, jackets, and all that as well. I suggest we ride together or meet at the car before hand and go through your options. We can keep everything in the car while we are shooting and y'all can either change in it or if we are in the city I'm sure there will be a Starbucks lurking around haha!

We can also keep it simple and y'all can just wear one outfit! I am totally good with you guys sending me pics and we can pick it out together beforehand.





MAKE SURE IT MAKES SENSE

Think about the conditions we are going to be shooting in when you are picking your rock star pieces. Will we be walking a lot? If so, heels may not be the best choice. If it is snowing outside, a short dress probably doesn't make a whole lot of sense. (Not to mention you are going to be SO cold that you are not going to enjoy yourself during the shoot.) If we are shooting on a sandy beach, it is going to make the most sense for you guys to be bare foot. If it going to be hot, you'll want to bring clothes that breathe really well... cause sweaty pit stains are not going to be a cute addition to your photos. Be as comfortable as you can be!

MOVEMENT + COMFORT

As I said earlier, make sure that the materials you choose are going to be comfortable during the shoot. Consider temperatures but also think about how well you can move around in these pieces. If there are super restrictive- I say its a no go. You'll be distracted worrying about how everything is looking instead of focusing on your person. So bring clothes that are "broken in".

Guys, layers are awesome for you too! A simple T and a light casual jacket are a great pair.

I LOVE when people bring clothing that can show movement by catching the wind. It adds energy to the photos and is just so amazingly gorgeous!



PIECES THAT ARE "YOU"

Don't feel like you have to go out and buy a whole new wardrobe or get extra fancy! Wear outfits that are really "you".

INTERCHANGEABLE PIECES

Think about layers we can change out through the shoot with out y'all needed a completely different outfit! Here are some more examples from Claire + Jordan's couple's session. They wore jackets, took off jackets, use hats, tied jackets around waists, held hats, etc. We got SO MANY cute looks with just these few pieces.



CONFIDENT

Where something you LOVE!! If you don't feel confident in your outfit, it will show on your face during our session.

COLORS

Typically, I suggest sticking with neutral colors and staying away from bright florescent ones. Now, this does not just mean white, browns, tans, black, and grey. All colors have a neutral! Navy blue, forest green, burnt orange, mustard yellow. I would stay away from bright reds and oranges as they often reflect on your partner's skin and make people look oddly pink in photos. Burgundy is a nice happy solution if you love red or you could tone it down with a great jean jacket! We can go casual, dressy or both! If a tank and jeans is you and so is a rockin sequin dress- lets do them both!

PATTERNS

Avoid big, loud, crazy or chunky patterns. Small or subtle patterns work much better in photos! Big loud patterns distract from the face, which is definitely the opposite of what we want to do. Florals and stripes photograph well and flannels are always a yes! Usually, we will put one of you in a pattern and the other in a more solid outfit. Both want to wear flannel though? No prob, just bring different jackets so we can break it up a bit with layers. Oh, also be sure to iron your clothes before our session! We don't want any distracting wrinkles.



HAIR + MAKEUP

This questions comes up a good bit. Should I get my hair/makeup done? Remember, we talked about being Beyonce earlier? Whatever is going to make you feel like a million bucks! I definitely do not think it is necessary whatsoever, because I'd rather look like myself in these photos than be super glammed up. If you like your hair and makeup done/want a little extra security with the frizz then of course go for it! Just make sure that you still look and feel like you!

If you do decide to get your hair and makeup done, I recommend being finished an hour before you need to leave for the shoot so that you guys are not late! Oh suggest no spray tan, but if you really want one make sure that it is sssuuuppeerrr suppperrr natural airbrushed spray tan rather than one from a booth in a tanning place. We don't want you to be orange!

PROPS

We don't want the cheezy pinterest chalkboard signs and Michael's props. Props that fill my heart -a picnic set up, blankets, hats, a motorcycle, your car, your pets (dogs must come, no discussions!), a bouquet, etc. If you have props give me a heads up so we can find a non-corny way to incorporate them!







HOME SESSION

All of the things we've already gone over still apply for an in home session! Really though, I say the more skin the better! (This does not mean like borderline naked haha.) You should be extra extra comfy if we are photographing in your home and your photos will look a lot more intimate and comfortable than if you are in a bunch of heavy layers or a formal outfit. (I don't know about you, but rarely do I walk around my house in a full outfit!) I still recommend bringing/ pulling out options such as tanks, shorts, sweaters, and jeans to mix and match. Anything that will show a little skin will be great! Or hey, if you wanna just wear a sweater and undies and or have your bae go shirtless, then yah let's do it!

WELL, THAT'S ALL FOLKS!

If you have ANY questions or would like to send me pics so we can pick out outfits in advance together, don't hesitate! But all in all, just wear whatever you are most comfortable in.

You do you and these photos will be freakin awesome!!

Need more inspo!? Here is an outfit idea [pinterest board!](#) (just click!)

Feel free to text me at 404-408-4743.

