

hello

We sincerely thank you for your time and support in participating in the HESTA Awards program. We know that your time is important and we want you to get the most out of it, so you can keep on doing what you do best.

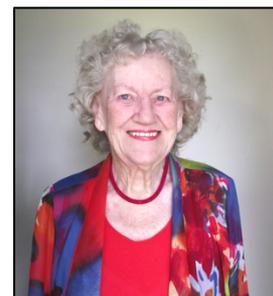
As part of the Awards program process we require a headshot image to be used across a range of mediums such as: presentation slides, website assets and award programs.

To help you ensure you are presented in the best possible manner, please follow our handy tips below.

Photo tips and tricks:

- Stand in front of a white or plain wall. Next to a window with lots of light is also good, but not directly facing the sun. Avoid wearing white.
- If your camera has a zoom, please use a slightly zoomed in perspective to preserve quality.
- Turn your phone horizontally to capture a landscape orientation that allows extra space to the right and left of the image.
- Position the head at the top of the image and include all of the shoulders, allowing most of the chest, but not the waist region.
- Take a few different photos to choose from. Sharp focus is ideal, so aim to eliminate any blur. If unsure, send us a few to choose from for you.
- Turn the flash off.

Here are some great examples:



Online tutorials:

Try these handy YouTube tutorials if you need help in providing a great photo.

Pro Headshots with your Smartphone in 6 Easy Steps -
https://www.youtube.com/watch?v=rqj-w_iyTGM

How to Take Your Own Professional LinkedIn Photo -
https://www.youtube.com/watch?v=t7PwtDCne_s

thanks

We'll see you on the night!