

The
BOUDOIR CONFIDENCE
Playbook

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Written By Susie O'Connor, MPA

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The
BOUDOIR CONFIDENCE
Playbook

A step-by-step guide to feeling confident,
empowered, and absolutely stunning in your next
boudoir session with me!

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Hello I am

SUSIE O'CONNOR, MPA

One of my greatest joys is showing people how truly beautiful they are—free from self-doubt, just as the world sees them. Boudoir photography isn't about perfection; it's about confidence, self-love, and stepping into your own power.

I create a space where you can feel safe, celebrated, and undeniably radiant. Every session is a journey, and I love witnessing the transformation—the shift from nervous anticipation to that moment when you see yourself and think, *'Wow, that's me.'*

Because you are stunning, just as you are.

QUESTIONS?

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Preparing For Your *Boudoir Session*

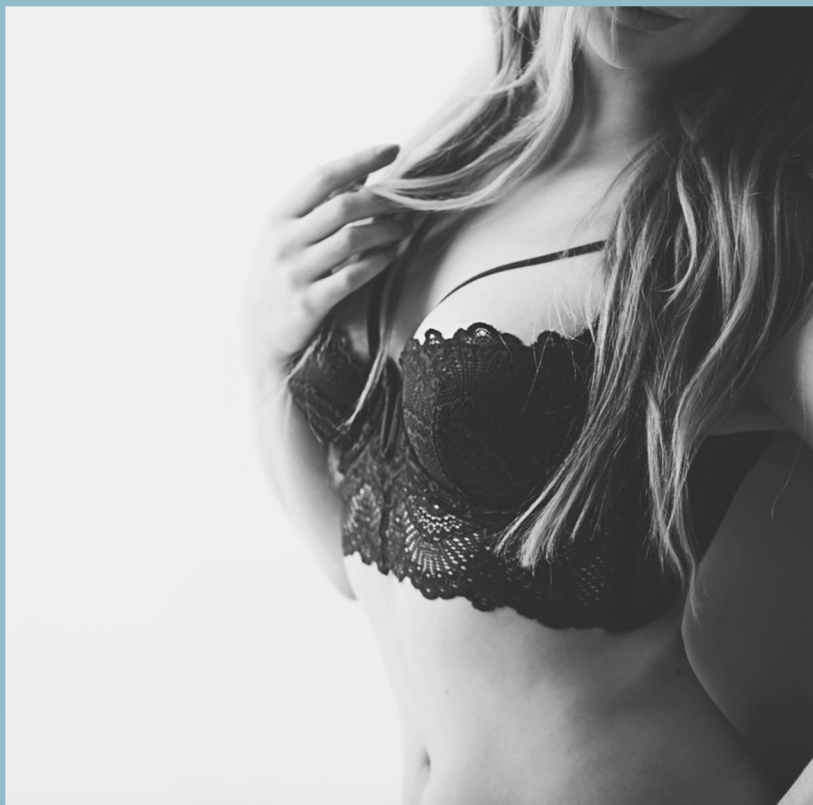
✓ **Mindset Matters** – This is about celebrating YOU. Let go of self-doubt and embrace this empowering experience.

✓ **You're in Good Hands** – My goal is to make you feel comfortable, confident, and absolutely beautiful. You don't need to know how to pose or what to do—I'll take care of that!

✓ **Setting Your Intention** – Whether this is a gift for yourself, a partner, or just to capture this moment in time, knowing your 'why' makes it even more special.

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What To Wear *and what not to*



✓ **Lingerie That Flatters Your Body** – Lace, silk, bodysuits, or something unexpected—bring pieces that make you feel amazing. If you're unsure, I can help guide you!

✓ **Beyond Lingerie** – Boudoir isn't just about lingerie! A cozy sweater, a silky robe, or even a classic white shirt can add variety and personality to your session.

✓ **What to Avoid** – Super-tight straps that dig in, neon colors (they reflect strangely on skin), and anything that makes you feel self-conscious.

Quote Of The Day

"She's a mix of bold and grace, fire and magic"

- Unknown

Beauty Prep:

Glow Up Before Your Session



- ✓ **Skin & Hair** – A little pampering goes a long way. Moisturize, exfoliate, drink water. and if you're getting a haircut or color, aim for about a week before your session.
- ✓ **Makeup That Enhances You** – Whether you do your own makeup or book a professional, aim for a look that enhances your features while still looking like YOU.
- ✓ **The Finishing Touches** – Well-manicured nails, moisturized lips, and smooth skin make for a polished final look. Hair removal, if preferred, is entirely up to you. Do a trial, and avoid last-minute self-tanner mishaps!

Quote Of The Day

" Confidence is the sexiest thing a woman can wear "

- Unknown

Posing Like A Pro

Even If You Don't Know How

✓ **I'll Guide You Every Step of the Way** – You don't need to know a single thing about posing—I'll guide you. Subtle shifts in posture—like arching your back or elongating your neck or softening your hands—make all the difference. I'll direct you in ways that flatter your body and bring out your natural confidence.

✓ **Expression & Emotion** – Whether it's a soft gaze, a playful smirk, or a bold stare, I'll help highlight expressions that feel authentic to you.

✓ **Get Comfortable Beforehand** – Try playing around with poses at home in front of the mirror. Shift your weight, tilt your chin, ramp up that sass! It may feel a little silly at first, but it helps you feel more at ease when the camera is on you.

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The Session Itself

What To Expect



✓ **A Safe, Supportive Space** – Nervous? That's totally normal! Within minutes, you'll start to feel comfortable and in control.

✓ **Music & Mood** – I always have music playing in the studio, I encourage you to bring a playlist of songs that make you feel confident and powerful—it helps set the mood!

✓ **A Fully Guided Experience** – I'll be your biggest cheerleader, posing you from head to toe, fixing stray hairs, and making sure every shot is stunning.

Quote Of The Day

" Be fearless in the pursuit of what sets your soul on fire "

- Unknown

After Your Session

What Happens



- ✓ **Professional Editing & Retouching** – Every image is carefully edited to enhance your natural beauty while keeping the look timeless and elegant.
- ✓ **Selecting Your Final Images** – Whether you're choosing an album, a stunning wall art piece, or digital keepsakes, I'll guide you through the selection process to make sure you have the perfect collection.
- ✓ **The Ultimate Confidence Boost** – This experience is about more than just photos—it's about seeing yourself in a whole new, empowered light.

Quote Of The Day

"Owning your story is the bravest thing you'll ever do" - Brene Brown



NEED MORE
Insight & Support?

I know every boudoir session is personal-your questions, your vision and even your nerves are completely normal! That's why I offer a complimentary in-person or zoom consultation before every session. It's an opportunity to answer your questions, share ideas, and talk through any insecurities.

Together we'll shape a session that feels right for you. So, if you're curious or just need a little reassurance, reach out-I'd love to chat!

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EMPOWER *yourself*



*"Sensuality is not about seduction;
it's about self-expression" - Unknown*

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