

Framing Tips

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Framing Source: [The Rule Of Thirds | What is it? Filmmaking & Photography Training](#)

Framing - Centered

This is the way most people frame themselves in a zoom meeting.



They put their head in the exact center of the frame.

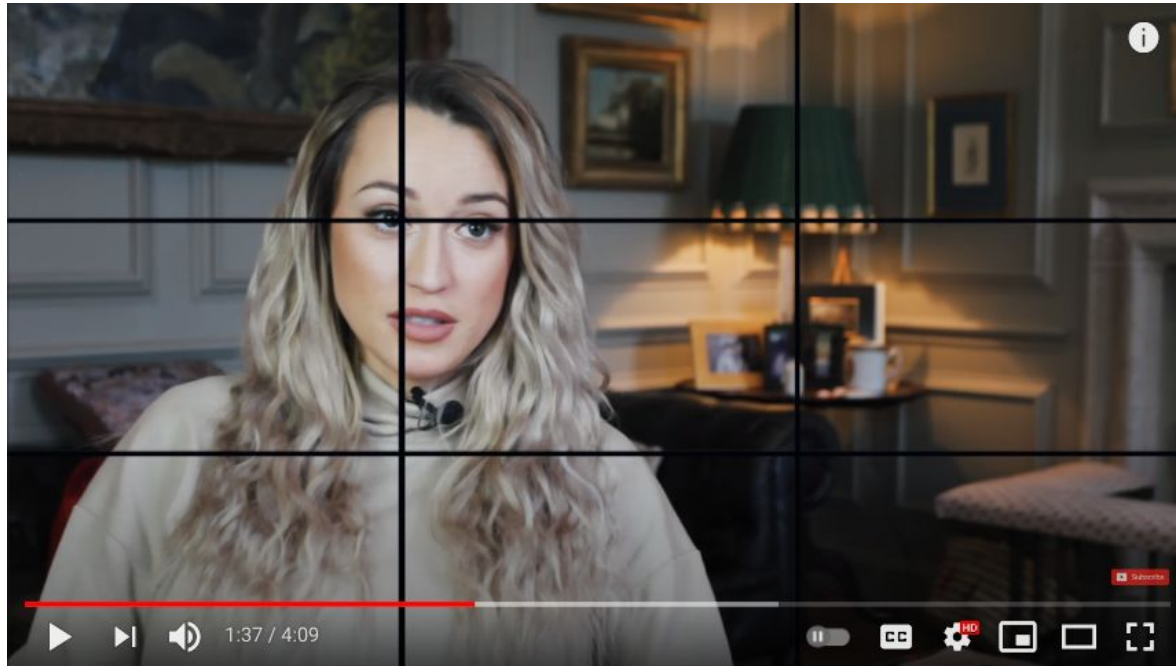
Sometimes there is even more space above the head with the chin at the bottom of the frame.

Most would say “That looks OK to me, what’s wrong?”

Look at the next slides; they show how professional photographers frame faces.

Framing - Head and Chest

Aligning yourself in the frame. Imagine how this would look if her face was put in the center rectangle.



Notice the rule-of-thirds.

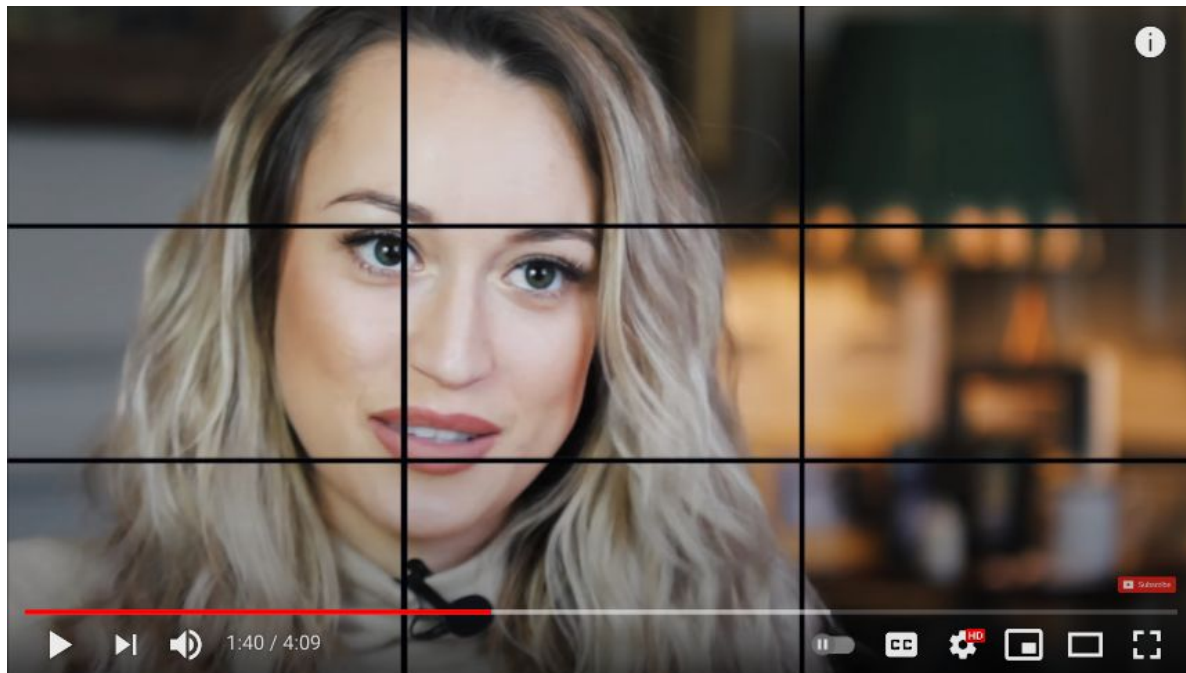
The eyes should always be aligned with the top 1/3 level.

If there is something interesting in the background or if you are looking to one side or the other, then put the most space to the side that you are looking at.

Putting your head in the horizontal center can be OK, but keep the eyes at the 1/3 level.

Framing - Tight Head Shot

Aligning yourself in the frame like this.



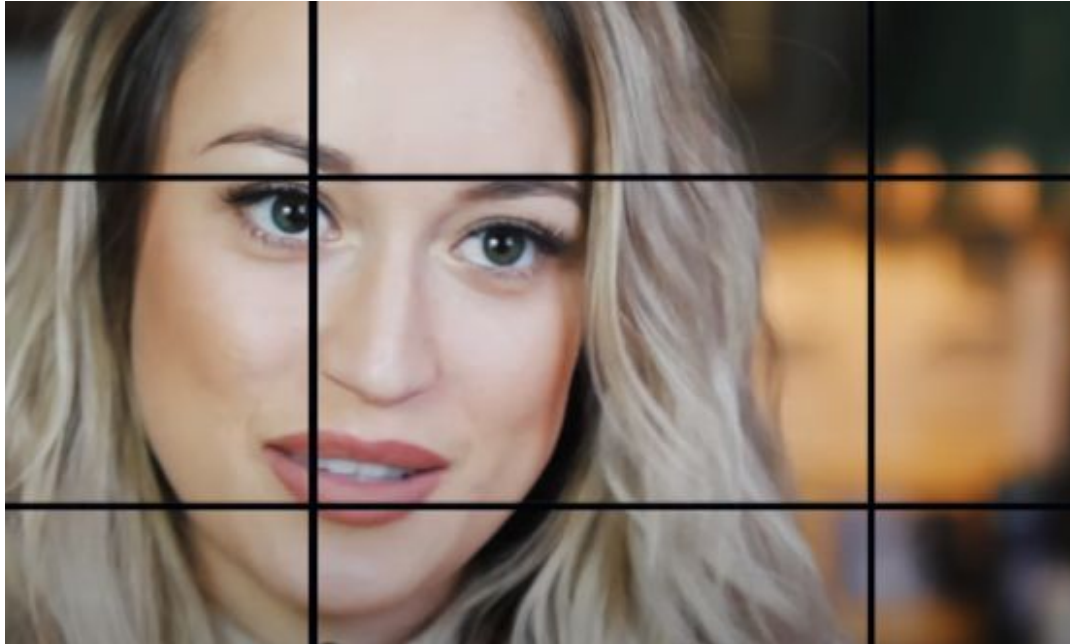
Notice the rule-of-thirds.

The eyes should always be aligned with the top 1/3 level.

If you are looking to one side or the other, then put the most space to the side that you are looking at. Putting your head in the center is OK, but keep the eyes at the 1/3 level, *even if the top of your head is cut off.*

Framing - Extreme Tight Head Shot

Most likely you will not be this close to the camera. But if you are, frame your face this way. (Actually she should be a bit more to the right.)



Notice the rule-of-thirds.

The eyes should always be aligned with the top 1/3 level.

(Note: the guide-lines are not at the 1/3 points in this image, because I have cropped and zoomed in on the previous photo. But the eyes are at the new 1/3 point.)

The top of the head can be cut off a lot, and it will still look OK, so long as the eyes are at the 1/3 level.

In other-words, don't worry about "head-room" above the head. That is not as important as where the eyes are in the frame.

Framing - Problem Example



Eyes are below 1/3 level. The focus seems to be on the banner text.

Framing - Example Fix



The is how the previous shot could have been fixed.