
9 STEPS TO START your PETITE MODELING CAREER

*An aspiring model's guide to building
a profitable career.*

DE'ANA **FIERCE**

THE MODELING STANDARD, LLC | THEMODELINGSTANDARD.COM

Trying to start your modeling career can be a difficult (and frustrating) process. With millions of models & opportunities do you ever wonder how is that some get started quicker than other? Well, don't! In this guide, I'm sharing 9 ways that you can start your petite modeling career. Each tip also contains an action item-- something you can start doing today to really elevate yourself and stand out amongst the rest. Read to get started, my friend?

STEP 1 **KNOW YOUR MODEL TYPE**

Many tips in this guide include ways to focus on starting your modeling career. But even more important than getting started is knowing where to start and where you fit into the industry. You can't set yourself up for success without focusing on where businesses will be looking for your type. This means:

The more you focus on where you fit in the industry will allow you the gain access to it more quickly. Here are a few types of Modeling for Petites:

Types of modeling for petites:

••• Lifestyle

••• Social Media Influencing

••• Print

••• Commercial

••• Online Marketing

ACTION ITEM

Visit 5 of your top stores (magazines or online store) and pinpoint what type of modeling you could see yourself doing for those particular stores.

STEP 2 RESEARCH AGENCIES

You have to start searching for the place you want to see yourself at, an agency. Finding agencies in your area is as simple as checking in with Google search, “ Research their requirements to become a signed model. If you meet the requirements make sure you have appropriate photos to submit to them. You want to search for 2 things: the type of modeling you are looking for and in the city or area that you are close enough to drive to for castings and jobs.

Examples of Google Searches:

••• Modeling Agencies in (your city)

••• Lifestyle modeling agencies in

••• Petite modeling agencies near

••• Print modeling agencies near

ACTION ITEM

Search these example Google searches and see what pops up in your area.

STEP 3 DEVELOP A HEALTHY LIFESTYLE

Making sure you have a healthy lifestyle and diet is important for many reasons. Most importantly it shows in your photographs. You might be extremely tired on set and unable to have flexible movement for poses. Here are 3 Healthy Lifestyle Steps.

EAT.

Be mindful of the foods that you eat and the types of beverages you consume. What goes in must come out. Majority of foods and beverages show first in our skin. Drink lots of water and eat healthy meals that will give you energy and vibrancy.

EXERCISE.

Become active in your daily lifestyle. You can do yoga, take workout classes or even jog around your neighborhood. Being active helps keep you flexible and healthy. Regardless of your weight it is important to keeping your body toned and in shape.

SLEEP.

Get plenty of sleep. Research shows that we should get at least 8 hours of sleep. Try your best to get these hours in. Being sleep deprived does not look good in your photographs. Plus you want to be lively and alert whenever you are on set.

ACTION ITEM

Start with 5 healthy lifestyle habits, write them down and start doing them today.

STEP 4

PRACTICE

As petite models we can not focus on our height we must focus on our strengths. So forget about your height and start strengthening areas that you can control such as your posing skills and talent. You want to start practicing every chance you get. You can start by practicing poses in your mirror. Here are a few things you can start practicing:

• Facial expressions

• Feet Placement

• Overall body positions

• Profiling

• Hand placement

• Relaxed shoulders

• Flexibility

ACTION ITEM

Practice one of each of the 7 types of poses to practice above.

STEP 5 FIND A PROFESSIONAL PHOTOGRAPHER

Many aspiring models think they are 'too small' to work with professional photographers. Be careful of thinking this way, I find that reaching out and working with professional photographers is the best way to challenge yourself and to help you get out of your comfort zone. Amazing things happen when you step outside of that zone...remember that!

There are a few easy and accessible ways to find photographers. You want to be able to view their work and contact them for their rates. Places to search for professional photographers.

 Model Mayhem

 Instagram

 Facebook

Search for a photographer who will get you the right type of photos for your portfolio (once you know your model type). You want to work with a photographer who will capture what you need. Don't be afraid to invest in your photographs. Your future is worth it.

ACTION ITEM

List your top 5 photographers you want to work with. Write down their email addresses and reach out to them!

STEP 6 MAINTAIN INTEGRITY

Know how you want to be look in front of the world. As you begin to take photographs it is important to keep in mind that you are establishing your reputation each time a photographer captures your picture. Maintain integrity and never do something that you would not be proud of. No photo is worth ruining your reputation.

ACTION ITEM

Make a mental note of the types of photos that you DO NOT want to take. Remember these photos and NEVER allow a photographer to persuade you to take photos that go against your personal integrity.

STEP 7 SUBMIT PHOTOS TO AGENCIES

Now that you have your professional photos you can now start the most exciting part. Submitting your photos to the agencies that you have researched. Always follow the agencies submission steps and requirements.

- Follow all submission rules
- Make sure you meet the requirements
- Read the small print before you submit. *(Most agencies will have on their site the steps that will follow after your submission is received.)*
- Submit to as many agencies that have requirements that you meet.

ACTION ITEM

Keep track of the Agency name, email, and date that you submitted your application. This will help you when it is time to follow up with the agency in a few weeks.

STEP 8 USE PHOTOS FOR NETWORKING

While you are waiting to hear back from the agencies you can start using your photos to gain opportunities. Stay up to date on local events that are looking for models. You want to stick to the events that will help you grow your modeling skills and build healthy business relationships. Instagram is a great source for networking. Using your Instagram profile as your online portfolio can lead to amazing opportunities to work with photographers and brands. Here are a few modeling networking opportunities

- Boutiques needing models for lookbooks.
- Blogger needing models for fashion lookbooks.

••• Makeup artist needing models for makeup photoshoot.

••• Businesses needing models for live events.

••• Online Stores needing models.

••• Companies needing Brand Ambassadors for events.

ACTION ITEM

Make a list of your 5 favorite brands that you follow on Instagram or Facebook. Reach out to them and let them know you are interested in modeling for them if they have an upcoming opportunity.

STEP 9 STAY MOTIVATED

I place this one last because it is what seals the deal. Staying motivated and positive is important. There will be times that things don't go perfectly and that okay. There will be more chances for you to give up on yourself and your goals than anything else. Keeping positive thoughts and actions in the forefront will help you stay motivated and achieve great things.

ACTION ITEM

Answer the following question; What would you be doing with your dream of becoming a model if nothing were standing in your way?

This can be an incredibly inspiring question to ask yourself. It encourages you to think big and create yourself on a level that you never thought was possible. This certainly will be a thrilling experience! I look forward to watching you achieve it all!

DID YOU FIND THIS 9 STEPS TO START YOUR PETITE MODELING CAREER USEFUL?

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De'Ana Fierce shares frequently in-depth blog post on improving your confidence every day both off and online. She also speaks to her community through her YouTube channel and helps thousands of everyday people with her weekly emails. She believes it is always the right time for a dance & lip syncing party, sharing motivation is never boring and root beer is the best soft drink ever. Fist bump!

CONNECT WITH DE'ANA:



@deanafierece



@thedeanafierce



De'Ana Fierce