



THE MODEL COACH with Lady Medusa

Model Coaching Packages

SESSION	TIME	ATTENDEES QTY & LOCATION	INCLUSION	PRICE (AUD) TOTAL
1. Mind in the Shoes	1 hr	1-2 via Zoom	Unsure how to mentally prepare yourself for your upcoming photoshoot? This session will teach you: <ul style="list-style-type: none">• How to prepare yourself the night before• Mentally prepare yourself hours before the shoot• Put your model-self out there during the photoshoot• The cool-down afterwards• Useful tips & tricks	\$150
2. Now, Action!	1 hr	1-2 via Zoom	Feeling you are getting lost with poses and keep using your limited photoshoot time being unsure? This session will teach you: <ul style="list-style-type: none">• What to do once the photoshoot date has been scheduled• How to prepare yourself the night before, and on arrival• Steps on posing and overall body movement• Listening to the Photographer and directions• Other useful tips and tricks• Bonus – How to move and pose for film!	\$280
3. Discovering the Red Book	2 hrs	1-2 via Zoom	<i>**Revised Book, coming soon. This session will be on hold until available again.</i> This session allows us to go through my book 'The Little Red Book on Becoming a Pin-up Model', and discuss the process from interacting with a photographer to the photoshoot, to what to do next in the aftermath.	\$330



			Includes the Bonus section in the revised book version coming 2024.	
4. I'm there, Baby!	1.5 hrs	1-2 on location	<p>Need me to coach you while on set? Absolutely! I'll be your very own personal assistant, which will involve:</p> <ul style="list-style-type: none"> • Mentally and physically preparing you the night before and 10 mins before your shoot time • Assist with "warm-up poses" and then jumping into it all • Garment, Hair & Make-up adjustments throughout where necessary • The cool-down, including the next steps after the session 	\$400 + travelling fee
5. Goupidy Group, Group	2 hrs	3-4 on location 5-6 on location	<p>Now this is a fun and playful package you can do with your friends and family! Group sessions are a great way to learn how to build your confidence individually and work on posing as a team. You can choose your own location, and even hire your own photographer to work with at the end of our session, using your newfound skills.</p> <p>Group sessions include:</p> <ul style="list-style-type: none"> • How to organise a shoot, and be on the same page as the Photographer • Mentally and physically prepare yourself days, the night, and hours before the scheduled Photoshoot • Exercises on Posing individually and with others • Other useful tips and tricks <p>If you decide to not hire a Photographer for after the session, we can do a mini-shoot using our mobile phone, or an onsite camera.</p>	\$440 + travelling fee \$520 + travelling fee
6. Taking the Stage	1 hr	1-2 via Zoom	<p>Ever wondered how to walk on the stage without feeling the fright? In this session we will go through some exercises that will prepare you for your next big event.</p>	\$100



			<p>These events can include:</p> <ul style="list-style-type: none"> • Walking and posing for a Designer/Clothing label • Pin-up and Alternative Pageants, including the Talent Show • Other on-stage events • Bonus – Promotional Work 	
7. Photographer's Assistant	1.5 hrs	1 on location	<p>Need me to coach you while on set with a Pin-up Model? Absolutely! I'll be your very own personal assistant, which will include:</p> <ul style="list-style-type: none"> • Mentally and physically preparing you the night before and 10 mins before your shoot time • Advice on how to utilise the photoshoot set/location • Lighting and positioning • Assist with how to direct your model • Garment, Hair & Make-up adjustments for your model throughout the session • The cool-down, including the next steps after the session • Bonus – 15-min Photoshoot session photographing me. <p>Note: You do not need to include this bonus and can be discussed during the booking process.</p>	<p>\$320 + travelling fee</p>