



**FEELING BURNT OUT FROM
THE WEDDING SEASON?**



HI, WE ARE AIDA & TIM

Wedding photographers/videographers based in Constance, Germany.
We love capturing intimate weddings and elopements throughout Europe!

Our many years in business has helped us collect a wealth of knowledge and experience in this industry.
We enjoy sharing what we have learned in a variety of ways:

Since the past five years, we have been taking on a number of young interns (normally 16-18 years old) and mentoring them during the summer. It is such a joy to see that some of them have gone on to finance their further studies by photographing weddings on the side.

Last year, we held a 3-day portfolio-building workshop in Corsica, France. It was such a blast! And the best part is that we are still in good contact with the participants. Actually, the photo above was taken by our model/participant [Marianne Bohn](#).

Since the beginning of 2019, we are a part of the [Beloved Stories](#) team. We share educational blog posts and interview established and up-and-coming photographers from all over the world! Be sure to check them out to gain a deeper insight into various topics pertaining to wedding and portrait photography.

In the month of November, we will be sharing four blog posts that we feel are relevant and valuable to a number of photographers and videographers. We truly hope that you will benefit from the content that we are providing.

And be sure to scroll down to the last page, we have a special product coming out soon!

FEELING BURNT OUT FROM THE WEDDING SEASON?

When the wedding season started, you were filled with enthusiasm and excitement. But as the summer progressed, you noticed that you are starting to get overwhelmed juggling all the different hats – capturing the wedding; editing; admin, marketing etc... Somehow, you feel like you were not fully equipped for running the business smoothly – and it is affecting not only you negatively, but also how you are serving your clients.

How can you avoid this from happening again in the future? Here are a few tips:

1. Self-Care

It is critical that you pay attention to your physical and mental well-being.

Eat healthy. A good way to go about this is to do meal planning and prepping in the beginning of the week.

Get some exercise. The post-process portion of a wedding has you sitting long hours in front of the screen. Make sure that you move your body. That doesn't mean that you have to go to the gym, but at least take a walk outside and get some fresh air.

Get enough rest. Your body and mind need time to rejuvenate. Get enough sleep, especially before a wedding.

Relax and Rejuvenate. Carve out time to do things that help you relax and get your creative juices flowing. Go outside and enjoy the summer with family and friends. Take a few days off every now and then to take a short trip. Enjoy a hobby or take on a little personal project.

2. Set Boundaries

A lack of boundaries can lead to overwhelm. It is vital that you set limits not only for yourself, but also for other people.

Reduce the number of bookings. Did you book too many weddings and engagement sessions this summer? Is that what led to work piling up? For the upcoming wedding season, it would be wise to set a limit on the number of bookings that you take on.

Plan in days off. Take time to do other things outside of just working on your business. That way you can come back to it feeling more refreshed – and actually become more productive.

Implement office hours. Set a start and end time to your work day. Stop editing, avoid answering emails, and posting on social media.

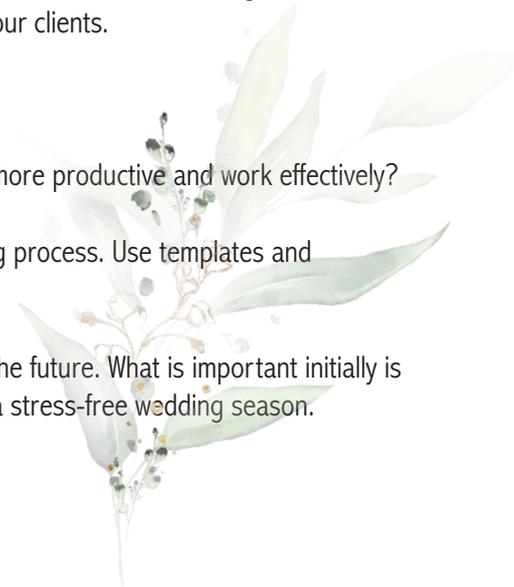
Communicate your delivery timeline clearly to your clients. Realistically assess how long you need to edit your wedding images/videos and plan in enough extra time in case something unexpected comes up. If you can deliver ahead of time – great! If not, you know that you have planned in enough time to get your work done, without upsetting your clients.

3. Develop an Efficient Workflow

How organised are you? Do you have workflows and systems in place to help you become more productive and work effectively?

Think of ways that you can simplify your tasks. Optimize your client management and editing process. Use templates and checklists whenever possible.

Surely there are additional measures you can take to reduce the chances of a burn out in the future. What is important initially is to realise that you need to make changes. And the good news is that it is possible to have a stress-free wedding season.



To help you further in the future

WE ARE

INTRODUCING

MY WEDDING SEASON PLANNER

FOR PHOTOGRAPHERS & VIDEOGRAPHERS

This physical planner will help you get better organised!
In addition, we will provide you with productivity tips
and sheets to assist you with annual and weekly planning!



Moreover, the Client Information Overview and Post-Processing Workflow pages
(for 50 clients) will help you keep track of your work - leading to
an elevated client experience!

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**to be one of the first to know
when the planner is released!**

There will only be **50 Planners available in English**
during the few days when we will be selling them **in 2019!**

Early-Bird price of 49 Euros (incl. tax, plus shipping)!

The price goes up to 59 Euros (incl. tax, plus shipping) in 2020
for the new batch of Planners!

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