

Twoja sesja biznes w ChatGPT.



4 gotowe prompty, dzięki którym wygenerujesz profesjonalne zdjęcia biznesowe do LinkedIn i social media — bez sesji zdjęciowej, bez fotografa i bez studia.

CO ZNAJDZIESZ W ŚRODKU

01

Klasyczny portret biznesowy



02

Zdjęcie w ruchu - spacer w płaszczu



03

Dynamiczny portret - uśmiech w ruchu



04

Sesja w stylu loftu



Jak z tego korzystać: skopiuj treść wybranego promptu, wklej do narzędzia AI, które generuje obrazy (np. ChatGPT), i dołącz 2–3 własne zdjęcia twarzy jako referencję tożsamości.

prompt 01 · Klasyczny portret biznesowy

Skopiuj cały tekst promptu i wklej go do ChatGPT (lub innego narzędzia AI do obrazów) razem z 2–3 zdjęciami swojej twarzy jako referencją tożsamości.

Use the uploaded images ONLY as identity references of the SAME real person. The uploaded photos define identity ONLY. They are NOT style, pose, lighting, or composition references. Your task is to generate ONE photorealistic premium business portrait of this exact person while recreating the pose, styling and photographic setup defined below.

ABSOLUTE IDENTITY LOCK (HIGHEST PRIORITY — NEVER BREAK)

The uploaded face photos permanently define the person's identity. Preserve EXACTLY: same face · same facial proportions · same bone structure · same eye shape and spacing · same nose and mouth geometry · same age appearance · same natural asymmetry · same skin texture and pores · same recognizability · same natural hair length · same natural hair color.

STRICTLY FORBIDDEN

Beautification · beauty filters · glamour retouching · skin smoothing · facial slimming · face reshaping · symmetry correction · model stylization · hairstyle redesign · changing hair volume or length. Identity accuracy overrides ALL other instructions. If conflict occurs → ALWAYS preserve identity.

BODY & PROPORTION LOCK

Reconstruct a realistic human body consistent with the real person. Requirements: slim natural feminine silhouette · realistic anatomy · natural shoulder width · natural torso length · proportional leg length · elegant upright posture (not fashion exaggerated). Forbidden: body reshaping · elongation distortion · slimming effects · widening hips or shoulders · fashion-model proportions.

POSE — GEOMETRY LOCK (DO NOT MODIFY)

Pose must be recreated EXACTLY: standing · lightly leaning against a wall · arms crossed naturally · one leg relaxed and slightly bent · relaxed confident posture · natural editorial presence · authentic expression (not posed or artificial). Pose geometry must remain stable.

WARDROBE (LOCKED)

Deep navy business suit · tailored blazer · navy trousers · white shirt · minimal elegant styling · realistic fabric texture. No fashion reinterpretation.

ENVIRONMENT

Minimalist neutral wall · clean professional interior · subtle architectural realism · real texture (NOT studio blur) · premium editorial business setting. Background must look like a real photographed location.

LIGHTING

Soft natural daylight · editorial business photography lighting · balanced exposure · subtle realistic shadows · accurate natural skin tones · no dramatic studio lighting.

PHOTOGRAPHIC STYLE

High-end LinkedIn / personal branding editorial photograph. Characteristics: photorealistic · natural · professional · authentic · premium corporate aesthetic · captured as a real photoshoot (NOT AI art).

PRIORITY ORDER (MODEL DECISION RULE)

If instructions conflict, follow this order: 1. Identity accuracy 2. Facial proportions & recognizability 3. Body proportions 4. Pose geometry 5. Lighting realism 6. Wardrobe fidelity 7. Environment styling. Never modify higher priorities to satisfy lower ones.

FINAL OUTPUT REQUIREMENTS

The result must look like: a real professional photoshoot · the SAME identifiable person · photographed in one consistent session · natural, believable, editorial business portrait — NOT AI-generated appearance.

prompt 02 · Zdjęcie w ruchu — spacer w płaszczu

Skopiuj cały tekst promptu i wklej go do ChatGPT razem z 3 zdjęciami swojej twarzy (identity set) — bez żadnych innych zdjęć referencyjnych.

Use the uploaded images ONLY as identity references of the same real person. The user will upload ONLY 3 face photos (identity set). No other reference images will be provided. Your task is to generate ONE photorealistic full-body editorial business photograph of the SAME person, with the exact identity preserved, while recreating the locked pose, movement, environment and the locked color tonality described below.

CRITICAL IDENTITY PRESERVATION (NON-NEGOTIABLE)

The uploaded face photos define the permanent identity. Preserve EXACTLY: same face · same facial structure and bone geometry · same eye shape and spacing · same nose and mouth geometry · same age appearance · same natural asymmetry · same skin texture (real pores, no plastic smoothing) · same recognizability (must look like the same real person).

STRICTLY FORBIDDEN

Beautification / “prettifying” · facial slimming · face reshaping · symmetry correction · glamour retouch · AI beauty enhancement · changing ethnicity or facial geometry. If anything conflicts, identity accuracy overrides ALL other rules.

COLOR TONALITY & SESSION STYLE (LOCKED — MUST MATCH)

Recreate the exact visual tonality of a bright warm editorial business session: warm neutral daylight palette (creamy beiges, warm greige, soft warm highlights) · soft contrast (not punchy), gentle highlight roll-off · realistic warm skin tones (no orange cast, no cold/blue skin) · clean editorial “LinkedIn premium” look · natural photographic grain/texture (subtle), no HDR. Lighting must feel like natural window daylight: bright, airy, softly diffused. Forbidden: cinematic teal/orange, moody dark grading, harsh contrast, dramatic shadows.

ENVIRONMENT (LOCKED)

Minimalist industrial loft: large tall grid windows on the LEFT side of frame (dominant light source) · sunlight entering from the left, creating long soft window-light shapes on the floor · neutral textured wall / plaster concrete look in the background · airy depth; modern minimal furniture blurred far right (optional subtle sofa / plant) · background softly out of focus (real lens blur).

CAMERA & FRAMING (LOCKED)

Vertical full-body photograph (head to shoes fully visible) · camera height: around waist/chest level (not high angle) · lens look: 85mm portrait compression (natural proportions, no wide-angle distortion) · distance: ~4–6 meters · shallow depth of field: subject sharp, background softly blurred · realistic motion capture (not “posed studio”).

POSE & DYNAMICS (LOCKED — EXACT GEOMETRY)

Recreate a dynamic walking-turn editorial moment:

1. Body orientation — body moving forward (walking), but torso rotated slightly toward camera (~25–35°) · hips forward, shoulders slightly turned · posture tall, confident.
2. Legs / step — captured mid-step with one leg forward and the other trailing behind · front knee softly bent (natural walk), not stiff · weight distribution realistic (no floating).
3. Head / gaze — head turned back toward camera over the shoulder · confident friendly smile (not forced), eyes engaged with camera.
4. Arms / hands — arms relaxed and natural in motion · one arm slightly behind / down along the body line (walking swing) · the other arm relaxed near torso (no stiff posing).
5. Coat motion (CRITICAL) — long beige trench coat OPEN and moving with the walk · coat hem and back panel flowing outward due to motion (like caught by a gentle breeze from movement) · fabric must obey gravity + inertia (no impossible shapes). The pose must look like a real frame captured during a walk-turn, not a static fashion pose.

WARDROBE (LOCKED)

Long beige trench coat, worn open, flowing · dark high-neck top (navy or black) underneath · tailored dark trousers · classic black heels. No extra accessories. Minimal elegant styling.

REALISM / QUALITY LOCK

The final image must look indistinguishable from a real professional photoshoot: no AI plastic skin · no over-sharpened edges · no warped anatomy (hands, legs, coat) · natural proportions and perspective.

OUTPUT

Generate ONE photorealistic full-body editorial business photograph where: the identity is exactly the same as the uploaded face photos, the color tonality matches the locked warm bright editorial session, the walking-turn pose and coat motion match the locked geometry above, the result looks like a real image from a premium personal branding session. Avoid: face change, beauty filter, glamour retouch, symmetry correction, plastic skin, wide-angle distortion, stiff pose, mannequin posture, warped hands, extra fingers, floating feet, unnatural coat shapes, dark moody grading, cinematic shadows, HDR.

prompt 03 · Dynamiczny portret — uśmiech w ruchu

Skopiuj cały tekst promptu i wklej go do ChatGPT razem ze swoimi zdjęciami identyfikacyjnymi (tak samo jak przy poprzednich promptach).

Use the uploaded photos ONLY as identity references of the same real person. Your task is NOT to invent a new person or reinterpret identity. Reconstruct a dynamic premium editorial business photograph using the exact same person while matching the movement energy and wardrobe styling of the reference image.

IDENTITY PRESERVATION (ABSOLUTE RULE)

The uploaded identity photos define the permanent identity. Preserve EXACTLY: same face · same facial structure · same age appearance · same proportions · natural asymmetry · real skin texture · recognizability.

STRICTLY FORBIDDEN

Beautification · face reshaping · glamour retouch · facial slimming · AI beauty enhancement · model stylization. Identity accuracy overrides ALL other instructions.

SESSION STYLE

Bright editorial lifestyle business photoshoot. Mood: spontaneous · confident · expressive · premium editorial realism · natural feminine executive energy. The image must feel like a real captured moment between poses.

DYNAMIC POSE (PRIMARY CHANGE — LOCKED)

Recreate dynamic movement inspired by the reference image: torso slightly leaning backward · shoulders open and relaxed · expressive natural laughter or wide authentic smile · head tilted slightly back or sideways · coat moving naturally with motion · one hand holding coat lapel loosely · second arm relaxed or crossing body naturally · posture confident and energetic. The pose must feel alive and captured mid-movement, not posed. Avoid static corporate posture.

COMPOSITION

Vertical editorial portrait. Framing: upper 3/4 body (head to mid-thigh) · slight asymmetrical composition · breathing space around subject. Camera: eye level · ~85mm portrait lens look · natural perspective compression.

WARDROBE — MATCH REFERENCE IMAGE (STRICT)

Wardrobe must follow the reference styling: lightweight beige trench coat · worn loosely over shoulders · black or dark high-neck top or dress underneath · relaxed elegant styling · coat fabric reacting naturally to movement. Do NOT stylize fashion-editorial exaggeration. Clothing must look real and wearable.

ENVIRONMENT

Minimal editorial background: textured neutral wall · soft architectural depth · minimalist setting · softly blurred background · realistic photographic space. No studio backdrop look.

LIGHTING

Natural daylight only: soft diffused illumination · bright exposure · natural skin tones · gentle shadow transitions. Forbidden: dramatic lighting · cinematic darkness · fashion spotlighting.

REALISM LOCK

Image must be indistinguishable from a real professional photoshoot. Avoid: plastic skin · AI smoothness · over-sharp detail · fashion magazine exaggeration.

OUTPUT

Generate ONE photorealistic editorial business photograph where: the person remains EXACTLY the same individual, movement energy matches the reference image, wardrobe matches reference styling, the moment feels spontaneous, dynamic and real.

prompt 04 · Sesja w stylu loftu — pełna wersja

To wersja samodzielna — nie wymaga żadnych dodatkowych ustaleń. Wklej cały tekst razem ze swoimi zdjęciami identyfikacyjnymi.

Use the uploaded photos ONLY as identity references of the same real person. Your task is NOT to invent a new photoshoot. Your task is to reconstruct a precise premium business editorial photograph defined entirely below. The uploaded photos define the person's identity permanently and must never be altered. Everything else (environment, pose, lighting and styling) must follow the locked session definition.

CRITICAL IDENTITY PRESERVATION PROTOCOL (NON-NEGOTIABLE)

The person shown in the uploaded photos is the final and absolute identity reference. You MUST preserve exactly: the same face · the same facial structure · the same age appearance · the same proportions · the same natural asymmetry · the same skin texture · the same identity recognizability. The generated image must clearly depict the identical real person from the uploaded photos.

STRICTLY FORBIDDEN

Beautification · face enhancement · face reshaping · facial slimming · beauty filters · glamour retouch · changing facial proportions · creating a "more attractive" version · changing ethnicity or facial geometry. If any conflict occurs, identity accuracy overrides ALL other instructions. Identity preservation has absolute priority.

SESSION DNA (SELF-CONTAINED — DO NOT MODIFY)

The photograph belongs to a bright modern editorial business photoshoot captured inside a minimalist industrial loft. Visual identity: airy architectural interior · large vertical windows on one side · soft natural daylight filling the space · warm neutral tones · elegant feminine executive mood · natural movement captured between poses · premium LinkedIn editorial aesthetic. Lighting is always natural daylight. Atmosphere is bright, calm, modern and sophisticated.

PRIORITY ORDER (ABSOLUTE)

1. Identity preservation 2. Pose geometry 3. Framing accuracy 4. Bright daylight exposure 5. Environment reconstruction 6. Wardrobe fidelity 7. Color harmony. Never change a higher rule to satisfy a lower one.

EXPOSURE LOCK

Image must be: bright · airy · daylight-balanced · softly illuminated. Forbidden: dark cinematic lighting, dramatic shadows, low-key exposure.

COMPOSITION

Vertical editorial portrait. Framing: upper 3/4 body (head to mid-thigh) · subject slightly off-center · natural breathing space · editorial balance. Camera distance: ≈ 2.5–3 meters. Lens: 85mm portrait compression. Camera height: eye level.

POSE GEOMETRY (LOCKED)

Capture a natural transitional editorial moment: torso slightly angled (~20–30°) · shoulders relaxed · posture upright and elegant · one hand lightly holding coat lapel · subtle natural movement · confident open smile. Pose must feel spontaneous, not staged.

WARDROBE (STRICT)

Lightweight beige trench coat · worn open naturally · deep navy high-neck top underneath · premium minimal styling. Fabric must behave naturally with gravity.

ENVIRONMENT

Minimalist loft interior: textured neutral wall · soft architectural depth · window light entering from side · softly blurred background. Environment must feel realistic and photographic.

LIGHTING

Natural window daylight: diffused illumination · soft shadow transitions · realistic skin tones · editorial realism. No studio drama.

BRAND COLOR HARMONY

NAVY: primary grounding tone via wardrobe and tonal balance. VIOLET: extremely subtle cinematic undertone only. Colors must remain refined and understated.

REALISM LOCK

The image must look indistinguishable from a real professional photoshoot. Avoid: AI smoothness, plastic skin, fashion exaggeration, over-processing.

OUTPUT

Generate one photorealistic editorial business photograph where: the person remains EXACTLY the same individual from uploaded photos, only the photoshoot environment and pose are reconstructed, realism and identity authenticity are preserved.