

Dear ,

It's been a while since you've heard from me. Two months, to be exact.

In that time, life looked a bit different here. My daughter was home from college, which meant our house was fuller. It sure is a challenge for all of us when she's home again :-)
And I also took a step back to think about some decisions I'd been putting off.
And yes, I allowed myself some proper vacation too.

So this newsletter comes after a short break. And it comes with news.

A change in how I work

I've decided to take on far fewer clients going forward. The reason is simple: I've enrolled in a bachelor's degree in psychology. This has been on my mind for a long time (think more than a decade), and it feels like the right time to finally do it.

That doesn't mean I'm leaving photography. Far from it. But it does mean that my time will be more limited. Where before I could be flexible, now I will only accept a small number of lifestyle boudoir sessions each season.

Why I'm telling you this

Because if you've been considering a session with me, I'd encourage you not to wait. My calendar is going to fill slowly but firmly. Because I always give my full attention to every client I do work with, and having less time available, that means there will be fewer spots.

This isn't a marketing trick. It's not about scarcity for the sake of it. All I'm doing here is balancing my life. I can't give you the experience I promise if I stretch myself too thin. And I can't study properly if I overbook myself either. So: fewer sessions, more focus.

What this means for you

If you already know you'd like to book, get in touch. Even if you're not ready to pick a date yet, we can place you high on the waiting list so you'll have priority when times are set.

And if you're still on the fence—remember that you don't need to feel “ready” in some grand sense. Most of my clients show up with doubts, with that voice in the back of their mind asking if they really belong in front of a camera. That's normal. And you belong exactly as you are, doubts included.

A note on taking a break

These past two months reminded me how important it is to take a break without guilt. Whether it's for family, for study, or just for rest, stepping back doesn't mean losing yourself. Sometimes it's what allows you to come back with more clarity.

My lifestyle boudoir photography can offer that kind of pause too. Obviously on a smaller scale, but not less important. It's a break from always having to be there for everyone, from rushing, from trying to be “ready.” Just a bit of space to see yourself, with nothing else asked of you.

If that's something you've been craving, [let's talk](#).

Or request pricing [here](#).

See my portfolio [here](#).

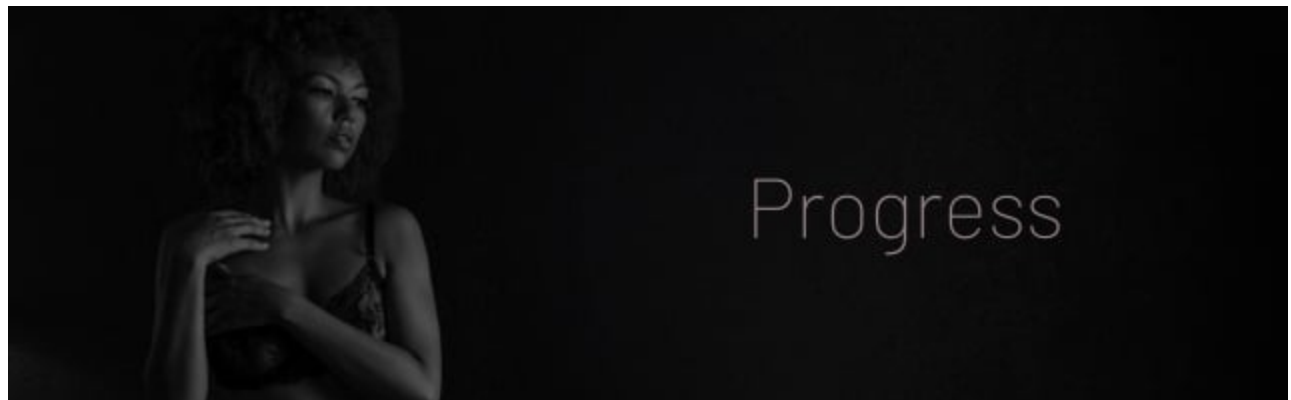
What **caught my eye** on social media this month.

Something I read in a Linkedin post from Jille Dunsmore a while ago:

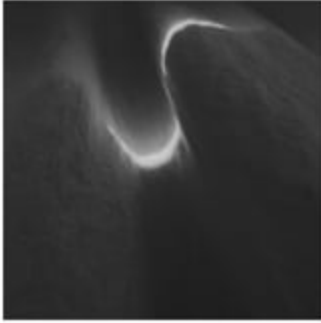
“Progress sticks when the voice in your head cheers for your efforts ... not just your outcomes”

I love this because it's simple yet so true. Too often we measure ourselves against preset standards—ours or society's—and dismiss the work if the result doesn't fit. We forget the effort, the showing up, the trying. In my lifestyle boudoir photography sessions, it's the effort that counts. The outcome is fun, because who doesn't like amazing photos of themselves. But what truly matters is the honesty of you showing up for yourself, even when it feels hard.

Let me know your thoughts on this!



My month in 3 images



As always, thank you for being a part of my journey.
Embrace your unique beauty, and let's continue to celebrate ourselves together.

Caroline



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