

15 prompts pour générer une photo de profil pro avec l'IA (copie-colle, c'est tout)

Copie, colle, résultat en quelques secondes.

CE QUE TU VAS APPRENDRE

- » Comment préparer ton selfie pour obtenir le meilleur résultat
- » Les prompts corporate et LinkedIn les plus efficaces
- » Les styles cinématiques et éditoriaux pour se démarquer
- » Les 3 règles pour éviter les résultats ratés

Ce dont tu as besoin pour commencer

Un selfie correct — bien éclairé, visage net. C'est tout. Tu vas sur ChatGPT, tu actives GPT Image 2, tu uploades ta photo, tu colles le prompt. Résultat en quelques secondes.

Voici les 15 prompts, classés du plus polyvalent au plus stylisé.

1. Le prompt principal — LinkedIn / Founder

[Image : Photo de profil IA style founder en pull noir — voir la version web]

PROMPT / COMMANDE

Transform the uploaded photo into a professional, hyper-realistic headshot. Keep the person's face, identity, facial structure, natural features, age, expression, and overall appearance accurate to the uploaded image. Style the final image like a high-end personal brand / LinkedIn / founder headshot: tight portrait framing from upper chest to just above the head, subject centered and facing the camera, natural relaxed expression with a slight confident smile, clean polished skin while keeping realistic texture, pores, and natural imperfections, sharp focus on the eyes, soft flattering lighting from the front-left, subtle catchlights, realistic depth of field, smooth blurred background with warm indoor tones, 85mm portrait lens look at wide aperture, natural color grading with warm highlights and soft contrast, clean modern premium editorial feel. Clothing: simple, modern, professional dark minimal top such as a black sweater. Background: softly blurred modern office, studio, or upscale interior in neutral dark and warm tones, no logos or text. Preserve the person's real identity and facial proportions; do not make it look AI-generated, no plastic skin, no changes to ethnicity, gender, age, facial structure, or eye shape; output should look like a real professional headshot.

ASTUCE

C'est le prompt le plus complet. Il est long parce que chaque détail compte — lumière, cadrage, peau, fond. Ne le coupe pas.

2. Corporate rapide

[Image : Photo corporate en costume sombre — voir la version web]

PROMPT / COMMANDE

Generate a 1:1 ultra-realistic 4K corporate headshot with studio lighting and keep the person's face the exact same.

3. Portrait exécutif

[Image : Portrait exécutif en costume marine avec cravate — voir la version web]

PROMPT / COMMANDE

I need a professional, high-resolution, profile photo, maintaining the exact facial structure, identity, and key features of the person in the input image. The subject is framed from the chest up, with ample headroom and negative space above their head, ensuring the top of their head is not cropped. The person looks directly at the camera with a confident, authoritative expression, and the subject's body is positioned at a slight 3/4 angle to the camera. They are styled for a professional photo studio shoot, wearing a premium navy business suit with a crisp white dress shirt and understated tie. The background is a solid '#141414' neutral studio. Shot from a high angle with bright and airy soft, diffused studio lighting, gently illuminating the face and creating a subtle catchlight in the eyes, conveying a sense of authority and leadership. Captured on an 85mm f/1.8 lens with a shallow depth of field, exquisite focus on the eyes, and beautiful, soft bokeh. Observe crisp detail on the fabric texture of the suit, individual strands of hair, and natural, realistic skin texture. The atmosphere exudes confidence, professionalism, and executive presence. Clean and bright cinematic color grading with subtle warmth and balanced tones, ensuring a polished and contemporary feel.

4. Tech / Henley moderne

[Image : Photo rapprochée en henley gris — voir la version web]

PROMPT / COMMANDE

I need a professional, high-resolution, profile photo, maintaining the exact facial structure, identity, and key features of the person in the input image. The subject is framed from the chest up, with ample headroom and negative space above their head, ensuring the top of their head is not cropped. The person looks directly at the camera with a relaxed, approachable expression, and the subject's body is casually positioned with a slight lean. They are styled for a professional photo studio shoot, wearing a modern henley shirt in heather gray with rolled sleeves. The background is a solid '#141414' neutral studio. Shot from a high angle with bright and airy soft, diffused studio lighting, gently illuminating the face and creating a subtle catchlight in the eyes, conveying a sense of innovation and accessibility. Captured on an 85mm f/1.8 lens with a shallow depth of field, exquisite focus on the eyes, and beautiful, soft bokeh. Observe crisp detail on the fabric texture of the henley, individual strands of hair, and natural, realistic skin texture. The atmosphere exudes confidence, innovation, and modern professionalism. Clean and bright cinematic color grading with subtle warmth and balanced tones, ensuring a polished and contemporary feel.

5. Plan cinématique en plongée — rue

[Image : Plan cinématique en plongée avec foule floutée — voir la version web]

PROMPT / COMMANDE

Cinematic overhead shot of me standing still on a brick city sidewalk, wearing a dark oversized blazer, motion-blurred crowd rushes past around me with a moody lighting 35mm film look. Shallow depth of field, sharp focus on me. Ratio portrait 4:3

6. Noir et blanc dramatique — gros plan

[Image : Portrait noir et blanc gros plan avec gouttes d'eau — voir la version web]

PROMPT / COMMANDE

Generate a top-angle and close-up black and white portrait of my face, focused on the head facing forward. Use a 35mm lens look, 10.7K 4HD quality. Proud expression, water droplets on my face. Deep black shadow background, only the face is visible and appears ultra-sharp. 4:3 ratio, with a 1/5 processing depth effect.

7. Station de métro

[Image : Portrait de profil dans une station de métro avec foule floutée — voir la version web]

PROMPT / COMMANDE

Profile shot of me walking through a rushing metro station crowd. Everyone else is motion-blurred with trailing effects, while I remain in sharp focus with a serious expression, wearing a long trench coat. Cool blue tones dominate the scene, evoking a 35mm film aesthetic. Ambient lighting comes from train signs and station fixtures. Ratio: Portrait 4:3

8. Portrait nocturne en voiture

[Image : Portrait noir et blanc de nuit dans une voiture — voir la version web]

PROMPT / COMMANDE

Create a moody black-and-white night portrait of me (from my selfie) sitting inside a modern black car with the door open. Fair skin, medium-length wavy hair, no glasses. Serious and intense expression. Wearing a black puffer jacket and light gray sweatpants. The city skyline with glowing lights is visible in the blurred background. Soft lighting from inside the car highlights the face subtly. The overall vibe is cinematic, stylish, and introspective.

9. Portrait éditorial noir et blanc — studio

[Image : Portrait éditorial noir et blanc haute gamme en studio — voir la version web]

PROMPT / COMMANDE

Create a high-end black and white portrait using my selfie. The face must remain exactly as in my original selfie, no editing, no retouching, no smoothing. I'm wearing a business suit. Preserve every facial detail and texture for a raw, authentic look. The lighting should be dramatic and studio-quality, using strong contrast and shadows to sculpt the features. Use a clean, blurred studio-style background with soft gradients or subtle texture to enhance focus on the subject. Frame the portrait vertically (9:16 format), centered composition, with ultra-realistic skin texture and depth. No digital makeup or alterations. The final result should look timeless, editorial, and emotionally powerful, suitable for a gallery or fashion magazine.

10. Lumière latérale forte — contraste élevé

[Image : Portrait noir et blanc dramatique avec lumière latérale forte — voir la version web]

PROMPT / COMMANDE

Dramatic black-and-white close-up portrait, face forward, strong side key light sculpting the features with deep shadow, proud intense expression, ultra-sharp detail on skin texture and eyes, deep black background, timeless editorial photography.

11. Lumière froide bleue — gouttes d'eau

[Image : Portrait sombre avec lumière rim bleue et gouttes d'eau — voir la version web]

PROMPT / COMMANDE

Moody cinematic portrait with fine water droplets across the face, dramatic low-key lighting with a cool blue rim light, serious focused expression, glistening highlights, deep dark background, high-fashion editorial intensity, ultra realistic.

12. Neon-noir — nuit en ville

[Image : Portrait neon-noir éclairé par des enseignes magenta et teal — voir la version web]

PROMPT / COMMANDE

Neon-noir portrait, the subject's face lit by magenta and teal neon signage at night, wet city street bokeh behind, cool confident expression, cinematic color contrast, 35mm film aesthetic, glossy highlights and deep shadows.

13. Film noir — stores vénitiens

[Image : Portrait film noir avec ombres rayées de stores vénitiens — voir la version web]

PROMPT / COMMANDE

Film-noir portrait with hard directional light through window blinds casting striped shadows across the face, black-and-white high contrast, mysterious composed expression, smoke haze in the air, vintage cinematic mood.

14. Brume atmosphérique à l'aube

[Image : Portrait atmosphérique dans la brume au lever du jour — voir la version web]

PROMPT / COMMANDE

Atmospheric portrait in soft drifting fog at dawn, subject in a dark coat, cool muted blue-gray palette, faint rim light outlining the hair, calm contemplative expression, cinematic depth and mood, ultra realistic.

15. Profil heure dorée

[Image : Portrait de profil à l'heure dorée avec lumière rim chaude — voir la version web]

PROMPT / COMMANDE

Cinematic golden-hour profile portrait, warm sunlight raking across the face from the side, glowing rim light on the hair, shallow depth of field with warm bokeh, thoughtful expression, rich filmic color grade.

Comment bien l'utiliser

Trois règles simples pour éviter les résultats ratés :

- Utilise un selfie net, bien éclairé, visage visible. Pas de lunettes de soleil, pas de filtre, pas de groupe.
- Ne modifie pas les prompts au hasard. Chaque mot est là pour une raison — si tu changes quelque chose, fais-le en connaissance de cause.
- Si le résultat ne te convainc pas, relance sans changer le prompt. GPT Image 2 génère des variantes à chaque fois.

ASTUCE

Pour les photos corporate (prompts 2 à 4), précise ta couleur de cheveux et de peau dans le prompt si le résultat diverge trop de ton vrai visage.