

Featuring the most amazing, inspirational beauty queens and rising stars worldwide | October 2021

GLOBAL



INTRODUCING THE MS. WORLD

UNIVERSAL

2021 WINNERS

Meet Akela Douglass, Rosie Moore, Maricelle Redona-Manzana, Asuka Kobayashi and Maria Beall



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GLOBAL ELITE QUEENS EDITORIAL

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GLOBAL ELITE QUEENS



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HOW TO PICK THE PERFECT Pageant FOR YOU

Those who have followed pageants for years know that no two pageants are the same. There are similar formats but each pageant has a strict tradition.

We all have our reasons for joining pageants. Some do it to make friends, others to network, some to gain more confidence and others a motivation to get fit and look the best they can possibly be. But deep inside every girl who has entertained the idea of competing lies that dream that they would one day be "the next Jennifer Hawkins."

But the sad reality is, not every Miss University can be a Miss Universe.

As much as we have a new pageant popping up every week, promoted by every man and his dog on social media, many believe that all are carbon copies of Miss Universe and how it's run.

Nothing can be further from the truth.

Those who have followed pageants for years know that no two pageants are the same. There are similar formats but each pageant has a strict tradition (especially the older ones) that follow not only a rule, but a formula, and if you don't fit that mould now, you never will.





But just because you're not right for one particular pageant doesn't necessarily mean you're not perfect for another.

Where pageants such as Miss Universe, Miss Grand, Miss Supranational and Miss Earth are primarily aesthetic based, others like Miss Humanity and other charity run pageants are merit based in which one is selected based on how they meet the fundraising and awareness goals set by the organisers.

Others like Miss World, Miss Globe and Miss Grand toe the line, and then you have glitz pageants like Miss Galaxy where movement, choreography and styling is so precise that you are judged on the way you turn, the way you hold your head and how your feet are even placed while walking or posing. Held by many to be the purest form of pageantry, it has since developed quite a stigma thanks to the bad PR received by Taddlers and Tiaras. Glitz is all about glamour and excess.

On the other side of the spectrum are the 'natural' pageants, where contestants are encouraged to wear as little make up as possible with simplified styling for hair, while in the case of cultural pageants, it is not the outside beauty of a contestant that is judged, rather, her ability to promote her culture to an international audience.

Aesthetic based pageants often have unwritten and unspoken rules. While publicly we encourage diversity and inclusiveness, the reality is, if you fall short of 5'7 and don't have the body of a Victoria's Secret model, then you have just about as much chance of winning Miss Universe as I have of marrying George Clooney.

Zilch.

Sure there are the exceptions. Shorties like Olivia Culpo, Ximena Navarrette and Australia's Courtney Thorpe have won their competitions but another thing they have in common other than being short is their perfect facial beauty. You cannot take your eyes off them. Generally, I tell young women who want to compete for Miss Universe is "if you are short, then you have to be perfect – your height already works against you, don't give them any other reason to not pick you."

You also need to know and be realistic about what you are getting yourself in to. Look at last year's winner and ask yourself "if I was competing against her, would I win?"

If your answer is no, then you're probably right.

Friends and family members who encourage young women to compete when in their hearts they know the person they are encouraging to be a contestant has zero chance in winning is doing their family member or friend a great disservice. In fact, it can even be classified as cruel. I'm sure the intentions are from a good place, but as they say, the road to hell is paved with good intentions.

The greatest gift you can give another is the gift of reality.

The reality seems cruel, but in REAL life, not everyone can be a doctor. Not everyone can be a singer (those who have seen Idol auditions will know what I'm talking about). Not everyone can be a dancer. Not everyone can be a carpenter, or pilot or an accountant. And not everyone can be Miss Universe.

But just because you don't fit a certain mould doesn't mean you are not beautiful. One should never seek self validation from others. Do your research. Find a pageant that best serves your purpose and fits your kind of beautiful. By doing so, it makes the experience so much more memorable and positive and it could open doors that can lead you down career paths you never would have expected.

FASHIONISTA SPOTLIGHT: Maria KING

Maria King of "What_maria_wears" was originally born in Poland, but she has lived in Australia since the end of 2018. About a year ago, she was laid off from her job due to COVID-19 and she can definitely say that this event was the main driving force for her to start something new and that is when @what_maria_wears began.

As a professionally trained ballet dancer and graduate of Media Education and Journalism, she has always been a highly creative and social person, so creating her Instagram page was exactly what she needed. It gave her an opportunity to share the way she expresses herself through fashion, create content and connect with a lot of amazing women. The amount of support she has received from the community was more than what she expected, and it has been her biggest motivation since. She finds it amazing to see how women can support and inspire each other. After nearly a year she can honestly say that she's happy with where her platform is heading and she's incredibly grateful for all the amazing opportunities she was given when it came to collaborating with Australian and overseas fashion and beauty brands. Now she's ready to grow more and see where it takes her.

GEQ Magazine recently caught up with Maria to discuss her journey in the fashion world and here's what went down:

Where do you usually shop? Are there any hidden gems when it comes to snapping up some awesome designer clothes?

"What_maria_wears" is all about affordable fashion. I specialize in versatile styling and creating low-cost outfits, that look anything but cheap. I believe that fashion is for all of us, no matter what the budget is. I find designer fashion certainly not affordable for the average woman, so I shop anywhere I can find inexpensive fashion. There are plenty of brands like that here in Australia, you just have to have an open mind and do not limit yourself. I am also a huge fan of op shopping so I would definitely recommend those to anyone looking for hidden gems when it comes to fashion. Personally, I reckon half of my closet is second-hand.

What are your top tips when it comes to fashion for the cooler months?

The key to Autumn/Winter fashion for me is layering. There are a few tips and tricks on how to layer clothes and still look stylish. Some of my favourites are to invest in lightweight pieces for the base layer such as cotton blends or merino wool that still keeps you warm. Add thick knit on the top of that, use a coat as the very outer layer and you are ready to go!

Where do you look for creative inspiration?

I think inspiration is everywhere, as general as it sounds but it is true. You can get inspired by people you see on the streets, other fashion content creators, magazines you read, and even with movies you watch. I would not say that people particularly look for inspiration, I think it's more of that inspiration is around us and it's just important to be able to see it.

Is it hard to stay fashionable?

My overall goal is not to be fashionable at all. It is to inspire women, help them find their style, stick to it, and "shop" their closet. What I do is focusing on building my personal style and not really focusing on following trends. Of course, there are some trends I love but I always make sure that the items I add to my wardrobe are items I will love and wear for years. I find it very upsetting that some people buy a certain item and wear it once, considering the impact the fashion industry has on our environment.



How do you walk the line between being unique and having commercial appeal?

I set my own goals and boundaries, so I don't find it hard at all. On my platform, I want to stay transparent and true to myself so I only collaborate with brands that suit my style and brands I believe that my audience would genuinely love. Having so many content creators nowadays, it is important not to compare yourself to others and believe in yourself. I am aware that I am not for everyone, and I am not trying to be. I focus on sharing what I love, and I am happy my audience enjoys it.

Are there any key trends you've seen for this year?

Trends come and go and it is impossible to keep up with all of them. I personally focus more on classic and staple pieces when it comes to styling but of course, there are some trends that have caught my attention. Statement sleeves, oversized fits, shoulder-padded pieces are some of my favourites. There are so many interesting ones, but I only go for the ones that suit my preferences.

What do you think about the state of fashion today?

I think there is a lot happening in fashion and I think that is what confuses most people who cannot find their own style. Trends are changing so much, and people are "told" what they should wear but they do not consider many important factors such as their personality, body type, or lifestyle. I would like to see, from us consumers more of a personal approach to fashion. To stop religiously following trends and focusing more on creating your unique style. Of course, there is nothing wrong with buying trendy items, as long as you buy them because you genuinely love them not because you feel you should, or other people wear them.

What are the clothes we can rid our wardrobes of that are considered very 'last season'?

I do not think that we should add or remove items from our wardrobes based on trends. Why would you get rid of a coat that works for you and your closet only because other people start wearing something different? I personally stick to basic and staple pieces, and I build my style around it. Sometimes I will add a trendy piece because I like it, but it is always something that I am planning on wearing and keeping for a long time. I think people should focus more on building a capsule wardrobe that works for their style and lifestyle instead of following trends.

What fashion advice would you give an emerging fashionista?

I am not sure if I am in a place yet to give advice, but if there is something I have learned that I could share with people who are starting their journey with fashion, it is to stay true to yourself. Do not try to be like everyone else because then there is nothing that makes you different. Fashion is for everyone, but style is something very personal.

The fashion industry has changed so much in the past few years, what is the best advice you would give for staying ahead of the curve?

I am still very new in the fashion industry, so it is hard to say. I think we should treat fashion as a space that has a lot to offer and use it in our own way, the way that works for us. I think it is not necessary to "stay ahead of the curve" because, in my opinion, that is not the point. Fashion should give us joy and freedom to express ourselves through it, not cause headaches and stress to be "the first", at least from my side, as a consumer and fashion lover.





FEATURED FASHIONISTA

Madison Eley

Madison Eley has always shared photos of her outfits and makeup on Instagram, but it was the first lockdown that pushed her creativity with the photos further.

She was studying for a mathematics degree at university and as her content reached more audiences and she started posting on Instagram more frequently, she realised that maths just wasn't her passion anymore. So, she started working on her Instagram game and as a result, brands naturally came across her profile and asked to work with her. It was a mixture of luck, passion, and hard work that has enabled her to work with several amazing brands, and one day, she's hoping that she can work full-time via her Instagram and Youtube accounts. For now, she's finishing up a master's in marketing and has secured a job in an influencer agency called WYSPR.

GEQ Magazine recently caught up with Madison and here's what went down:

Where do you usually shop? Are there any hidden gems when it comes to snapping up some awesome designer clothes?

I tend to shop at really basic places, like Zara. But I have been shopping at The Ragged Priest more recently, and even though they aren't designer, I think they are a hidden gem. They have a huge mix of good quality basics and some really out-there pieces, but I am not sure loads of people know about them.

What are your top tips when it comes to fashion for the cooler months?

LAYERING. Always do layering. Find lots of light pieces that you can stack on top of each other. That way you keep warm, but the outfit is super chic too. For instance, my go-to winter outfit is a pair of jeans with some high ankle socks that match the top colour and some boots. And then layer a long sleeve, high-neck bodysuit with a cute tank top over the top. Throw on a scarf, hat, and even gloves. And then top it off with a trench coat and a matching bag. Perfect.

What do you like most about singing?

The vulnerability I get to share with the audience. I love to connect and tell a story. Connecting with people through your vulnerability, and love is so fulfilling. It is even more humbling and rewarding hearing their life stories, and how they can relate to your music.

Can you tell us about your part in Seven Lions?

I am blessed to play Ophelia. Ophelia is a character whose sole mission is to find the truth across a Universe with good and evil. Ophelia realizes you can't have the light without the dark and seek good from all walks of life. It has been a true honor to play this character for over three years now. The crew is family, and Seven Lions is the most incredible EDM band to work with. Ophelia's journey demonstrates how emotions transcend and the power of growth through years of visuals. The audience has grown and been a part of my life for three years now, and vice versa.

Seven Lions loved the character of Ophelia so much; they actually opened their own record label called; "Ophelia Records." That is one of the biggest compliments an actress could ever receive! Now Ophelia's journey continues.

What inspires you to be creative?

Everywhere I look, I gain inspiration, and it sparks creativity. History inspires me to be creative; also, generational family stories inspire me. A song is something you feel inside... a story and message that deserves to be shared with the world. Overall, it's people that inspire me to be creative.

Is there anything special that you do to get into a creative mindset?

I draw to get in a creative mindset. I feel like when I draw; it allows my creative juices to flow freely. When I draw, my mind can think outside of the box, just like the words and metaphors within a song. I believe that these two artforms run parallel with each other.

What do you think about the state of fashion today?

I personally think there is a lot of pressure in fashion today. To always be posting something new and to be wearing the latest trends. Especially if you are a new blogger trying to make it in the fashion influencer industry. On my page, I try to repeat outfits as much as possible, to show everyone that outfit repeating is ok. No wait, scrap that, outfit repeating is AMAZING, because it means there is less waste and it is more sustainable for the planet and ourselves.

What are the clothes we can rid our wardrobes of that are considered very 'last season'?

Skinny jeans. No one needs them anymore. They are the most boring cut of jeans. You can choose a slight flare, straight leg, boyfriend, wide-leg, etc., which are actually more flattering than skinny jeans for most body types.

What fashion advice would you give an emerging fashionista?

Wear whatever makes YOU happy. Don't worry about what other creators or people are wearing. Be uniquely you and you can't go wrong.

The fashion industry has changed so much in the past few years, what's the best advice you would give for staying ahead of the curve?

Be aware of the latest trends. Be aware of the bigger bloggers and celebrities and what they are wearing, because usually, that will start to trend quickly. Create your own trends too, because that can be really fun.

What inspires you to be creative?

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SALUBRE ENTERTAINMENT

• NETWORK •

Salubre Entertainment Network is an entertainment company that empowers young people to bring awareness to the less fortunate. Salubre Entertainment Network not only celebrates the beauty of each of its beauty queens, but it also empowers them to help others in need. Established by Maryrose Salubre of Salubre Models International, our projects and publications aim to raise funds for a variety of worthy causes, chief of which is to help Bunga National High School (BNH) in Leyte, the Philippines rebuild.

INTRODUCING THE MS. WORLD UNIVERSAL 2021 WINNERS





NANCY-ELLEN MARTIN

EXECUTIVE DIRECTOR

Nancy-Ellen Martin has been in the pageant industry for 30 years as a competitor and a director. She has held multiple US state, national and international titles during that time. Nancy-Ellen most recently was the inaugural Ms. World Universal 2020-2021, having just crowned her successor Akela Douglass in Washington DC on September 19, 2021. Nancy-Ellen has now taken on the mantle of Executive Director for World Universal Productions, which includes the Ms. World Universal brand, as well as Monarch International and is the sponsoring organization for Omega Upsilon Pi Sorority. World Universal Productions now has Directors in 7 countries/regions around the world and is growing daily! In 2021, despite COVID, this organization was able to crown Queens around the world and successfully crowned a new international Court. Nancy-Ellen is passionate about bringing Diversity, Equity and Inclusion to the pageant and glamor industries. Nancy-Ellen is also a Senior Program Manager with Amazon, has been married to her amazing husband Brian for the past 20 years, and together they have 4 children, Grayson (19), Alexander (16) and twins Hannah & Sarah-Jane (15). They reside in Burke, Virginia.



JHAN KNEBEL

INTERNATIONAL DIRECTOR

Jhan Knebel is an Advanced Certified Scrum Master (A-CSM) and holds a Master in Education in Instructional Technology from the University of Georgia. She is an Agile Coach and Scrum Master at Alcon.

Having been diagnosed with Ulcerative Colitis in 2014, she is a passionate advocate for Invisible Illnesses and mental health.

She has been married to David for 23 years and shares two awesome children with him. As a US Navy spouse and Mom, she served as an Ombudsman advocate for families of deployed service members for over 10 years. She was commissioned as a Yellow Rose of Texas for her volunteer work by the Governor of Texas.

Her passion is coaching people. Whether it's with World Universal, Alcon, or with a sword in her hand on the fencing field, she believes everyone should have the opportunity to excel in their chosen field.



What makes Ms. World Universal Unique?

A lot of pageants either divide women up into categories based on age and size, or even if they say they are inclusive, that is not represented in their titleholder, and far too many systems have rules stating that their participants must be "natural born females". We seek to provide a platform and events where all women are represented and supported. Our events are open to women aged 25 and over of all heights, sizes, ethnic backgrounds, orientations, and identities. Your marital or parental status is also not a factor. Our new International Titleholders represent many ethnicities from around the globe, sizes 0-14, ages 27-56, 5'2"-5'7" inches tall. Some are single, some are married, some are moms, some are not and one is about to welcome twin grandchildren! This is what DIVERSITY really looks like. In addition, we have also founded a sorority to be inclusive of women who are excited about our sisterhood and philanthropy, but maybe are not interested in being on stage. We are truly building a place where women can support each other and work towards common goals.

What categories do your delegates compete in?

Our delegates compete in one on one personal interviews with each judge for 5 minutes each and this is worth 40% of the score. They then participate in fitness wear with an emphasis on body positivity (25%), evening gown where we expect our delegates to bring the glamor (35%) and our finalists can earn up to an additional 10 points with their on-stage questions.

Can you tell us a little more about your titles?

Sure! At the national and international level, the highest overall title of World Universal is awarded to the delegate with the highest score regardless of age. The second highest title is the World Universal Elite, awarded to the delegate age 40+ with the highest

overall score. Our 3rd title is our Ms. Global World which is awarded to our 3rd highest score regardless of age, and then finally our Ambassador title is awarded with input from all the staff, the titleholders, directors, online judges, and our panel of judges. This goes to the delegate, who through their reign has demonstrated that they are living the mission of the organization. This year at international, we decided that given everything that has happened with the pandemic, with some titleholders having held their titles for almost two years, and some newly crowned in 2021, and our international having been being postponed multiple times that we would also elevate one of our preliminary awards to a title, and this is our Spirit of Ms. World Universal. Like our Ambassador, this is someone whose passion for our mission is clear! We are so thrilled with our 2021-2022 International Court!

What is next for World Universal?

Ms. USA World Universal will be happening November 18-22 in New Orleans, Louisiana. We are also in the process of scheduling other national pageants around the globe in 2022, including our new brand Monarch International which gives opportunity to all those who identify as male, for all genders of individuals competing in the art of Drag, for non-binary people, as well as crowning for just talent. Additionally, Monarch will have a separate division for Mermaids! We are so excited about this new brand, and you will be hearing more from us in the coming months. We are also very excited that Ms. World Universal's international will be in Sydney, AU July 16,17,18,19,20, 2022.

How can someone get involved in World Universal or Monarch International?

Check out our website at: www.worlduniversalproductions.com or find us on social media @worlduniversalproductions.

AKELA DOUGLASS

Ms. World Universal 2021-2022

Akela is a Sacramento native and graduate of California State University Sacramento with a Bachelor's Degree in Business Finance. She is currently a professional hairstylist and has created beautiful looks for numerous brides, models, hair shows, music videos, magazines, and even New York fashion week. In July 2017 she opened her own salon Akela's Hair Studio in San Francisco, CA. She also travels throughout the country as a Brand Educator for the world-renowned Wella Company. Akela recently achieved back-to-back wins at the Beauty Envision Awards for Textured and Creative hair designs. During her reign as Ms. World Universal, she will continue to support the Pretty Ponytails Organization, which provides haircare kits for young girls in foster care and transitional housing.



ROSIE MOORE

Ms. World Universal Elite 2021-2022



Rosie is a Latina of Puerto Rican and Dominican Republic descent. She was born in New York and raised in New Jersey. She now calls Florida her native home. She is a registered nurse with a Doctorate of Nurse Practice degree from Capella University. Her focus was on creating a toolkit for the neonatal intensive care unit. This would allow her to manage her nonprofit The Gift of Life, supporting parents of premature babies.

She is currently an independent nurse consultant for injured workers. When she is not working in her charity, you can find her coordinating weddings and travel as well as authoring kids and adult books. Most recently she started a podcast called Tea Time with Just Rosie Moore to support women with inspirational devotions and stories.

During her reign, she hopes to continue reaching women on a global level to encourage them and meet them where they are.

You can get to know Rosie better via her

MARICELLE REDONA-MANZANA

Ms. Global World 2021-2022



Maricelle Heather is a first-generation Filipina-American from Hawaii. She received her master's degree in psychology with an emphasis in Applied Behavior Analysis from Capella University in 2018 and is currently a Board Certified Behavior Analyst/License Behavior Analyst in Honolulu, Hawaii where she works with children with unique abilities. She is currently pursuing her doctoral degree in psychology from Northcentral University. She hopes to one day open her own Applied Behavior Analysis clinic to serve the underserved children in her community. Her platform is named Perfectly Imperfect, a scholarship foundation she founded to help the underserved around her community and in the Philippines continue their education. She hopes during her year as Ms. Global World she will be able to grow her scholarship foundation and expand to more regions of the world to encourage more children and adults to continue their educational dreams.



ASUKA KOBAYASHI

Ms. World Universal Ambassador 2021-2022

Asuka is from Niigata, Japan. She has been a dental and mental specialist for over 20 years and has been involved with more than 35,000 people helping them care for their minds and bodies. She has published a book about parenting, runs an online support group, and conducts workshops to support mothers and parenting. She also holds seminars at schools and medical sites to foster the richness of the mind, helping others create a place conducive to parenting and guidance consulting. Asuka is also a mother of three and their smiles brighten her world.

MARIA BEALL

Ms. Spirit of World Universal 2021-2022



Maria Beall is an American College of Sports Medicine Exercise Physiologist, RYT 200 Yoga Teacher, Nutrition Consultant, Real Estate Investor, and Fitness Instructor. Maria has been in the wellness industry for 32 years and holds a degree in Community Wellness and Marketing. She is a Golden Key Honor Society member and graduated second in her class from Virginia Commonwealth University. She has mentored, trained, and taught thousands of individuals as she has changed countless lives. Maria is a Hashimoto's survivor and is thriving with F.I.T.- Food, Inspiration, and Training and is a spokesperson for AARDA.org, organizing yoga classes to bring awareness to autoimmune diseases. Maria also serves on 2 boards in Richmond, Virginia, and has created a committee that participates in area clean-ups to protect the James River. She and her husband have been featured on Animal Planet, TLC, and HGTV's House Hunters and are landlords to multiple properties. She has been married to Michael since 1987 and has 3 sons, 2 daughters in law and soon to be a grandmother to twins. When Maria is not living and teaching in Richmond, she can be found walking along the beaches on the Gulf of Mexico where she and her husband own a vacation home. Maria's true passion is coaching women and girls to find their voice with her coaching business, Beallisma Coaching *and* encouraging her community to fight for equality and human rights with activism and advocacy.

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LIVING IN THE BIG CITY SUMMER VIBES

SUMMER VIBES

Photographed by DANG TRAN VIA THE PRESENT STUDIO
 Model ALINA MA | Hair & Makeup by CHOULLY TRAN
 Styled by BOBBI RICKARDS | Assistant: CHRIS SUNG HO
 Clothes by MELLOW MELLOW







HOW TO CHOOSE THE PERFECT LITTLE *Black Dress* FOR EVERY OCCASION

By Chi de Jesus

This item is uber essential that it deserves its own article. The little black dress, chicly known as the "LBD". It's little because it's streamlined and advocates simplicity. It's black because it's elegant and yet accessible, mysterious and yet powerful. It's a dress because it celebrates the female form and delicate nature. Everyone would always refer to the LBD made famous by international fashion icon Audrey Hepburn in her 1960's movie "Breakfast at Tiffany's" but the LBD came much earlier – 1926 to be exact when fashion innovator Coco Chanel published a photo of a short, simple black dress on American Vogue dubbed "Chanel's Ford."

However, it's not a maxi dress or a one-size-fits-all kinda item. It's the concept of simplicity, elegance, mystery and accessibility that has shaped this fashion item from an "essential" to a "must-have" or even a "should-have." So how do you now choose the best LBD fit for you?

Follow these steps and come out fabulous.

STEP 1: CHOOSE THE RIGHT CUT

This will mainly depend on your understanding of your body. Know if you are top heavy or bottom heavy – to know if you would need an empire cut or pencil cut, mermaid or flowy even asymmetric. Then work on the concept of highlighting your assets. This will give you an idea of what you would have to consider when it comes to the length of sleeves, depth of neckline, and the type of skirt.

STEP 2: LENGTH OF THE DRESS

The term "little" might have been used loosely since the LBD may come in different lengths – case in point, Audrey's Givenchy. It may be daunting but you have to face the mirror once again and understand your proportions. If you have a longer torso and shorter legs, having a long dress might not be an option. The same goes if you are not so tall.

STEP 3: CHOOSING THE RIGHT FABRIC

I do understand the term "suffering for fashion" but if the decision is solely up to you, comfort may be the best way to go. Given your country's climate and the possibility of using more in certain seasons, you might need to choose a versatile fabric that can not only give you comfort but also the functionality.

STEP 4: FINALISING THE DESIGN

Remember that one of the key elements of having a little black dress is its simplicity and elegance. A streamlined design will work to your advantage as it will complement you and not overwhelm your look. If you are thinking of an accent, choose one element of the dress with the same concept – a belt, translucent sleeves, an off-centre flowing fabric, or even a laser-cut detail near the face.

Always remember the rule of thumb – if it doesn't highlight who you are, it may not be the right dress for you. People would want to see you and not just your dress. When you find that LBD meant for you, it might just be the best thing you've ever worn.

Source: The Australian Filipino

INNER FASHION VERSUS *Outer Fashion*

By: Quintin James

Let's talk fashion for a minute, what is fashion, what does it mean to you and how does it make you feel? For everyone, the answers to these questions are varied and there is no right or wrong answer. It's a true personal decision. Fashion is not just black and white - it's a rainbow of colours, textures, patterns, and beautiful dreams that have come to life. It's a being within itself that can allow the individual to feel strong and powerful, comfortable, sassy or sexy, empowered and represented. It's not just clothes and accessories, it's an attitude and a sense of ownership that allows fashion to survive and speak without words to the mass or just to a few.

What makes you buy a particular item of clothing or brand, what is it that speaks to you, and what drives you to wear what you wear? For many people they are label-driven so others around them know they fit into a particular part of society, some love to challenge the norm and be as wild and creative with their sense of style without a care about what others think. I believe we are all creative and expressive, conservative, wild, and adventurous - we just need the right situation or mindset to express all parts of our fashion personality.

Experimenting with fashion is fun, it's like being a kid again when we didn't really care what others thought about us, where we would dress up and play without boundaries and create imaginary worlds where our characters would live, breathe and dream. This is so freeing and liberating but is it for everyone? It's for anyone who is prepared to drop the society walls of acceptance and lead not follow.

If you are not familiar with fashion expression or are just joining the colourful movement we welcome you with open arms and say to you that there are no rules here and whatever you do is fabulous. Wear it and own it. What do I mean by 'own it'? I mean wear it with pride and confidence, strut down that street, walk into that room with your head held high so everyone notices you. Be present and bold whether you are in all black, black, and white or a myriad of colours, patterns, or textures. Your energy needs to radiate confidence and belief in what you are wearing.

How you arrive at the right level of confidence is a personal journey that is a road of many twists and turns, side streets, and one-way directions that you have to navigate alone because you have to love yourself more than others do if you want to be honest and confident - don't get me wrong, even really confident people have days when they doubt themselves and don't feel that spark, we are all human but this level of self-love is attainable. You just have to think you are worth having it. When you make that decision then the rest is actually pretty easy.

The self-help business is a billion-dollar industry and there are a million different techniques and practices you can adopt to help you with confidence building and creating self-awareness and expression. Like fashion, there is no right or wrong way to go about achieving this ultimate state of being - all I can suggest is that you do what feels right for you. Let fashion speak to you - create looks that help you build that confidence, use patterns and colours that make you feel empowered, and get as creative as you feel comfortable. Mix genres and add accessories, throw on a hat or scarf, be bold with shoe colour and use a funky bag. Your fashion can be as unique as you are and remember it's ok, in fact, it's great to change your looks to represent a side of your personality you want free, that's the beautiful thing about fashion - it doesn't judge you, only you judge you. So stop being so hard on yourself and start to love fashion and everything it can bring to your colourful, fabulously textured patterned world.

Love the outer and inner fashion equally and be bold. You can do it. I believe in you.



A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with a ruffled waist, and brown leather boots, is sitting on a sand dune. She is holding a brown leather crossbody bag and sunglasses. The background shows a beach with waves and a blue sky with clouds.

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