

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

\$9.95

# GLOBAL ELITE

WOMEN'S

April 2023

*Closet*  
**DETOX**

A DEFINITIVE  
GUIDE TO  
GIVING  
YOUR  
WARDROBE  
A GOOD DETOX

**FIVE BIGGEST  
BEAUTY TRENDS  
COMING YOUR  
WAY THIS YEAR**

**Tips**  
*and*  
**tricks**

**TO LOOK ELEGANT  
AND CLASSY  
EVERYDAY IN  
FIVE EASY &  
SIMPLE STEPS**

*Special Anniversary Edition*

*Joanne*  
**NICOLAS**  
CELEBRATING **20** YEARS OF BEING A SUPERMODEL





CAFTANHOUSE

BY SOPHIA COUTURE

LEATHERON

*Lepou*

GLOBAL  
**ELITE**  
QUEENS  
EDITORIAL

**Editor-in-chief**  
Sue Turner

**Managing Director**  
Sue Turner

**Photographic & Art**

Dave Choo, George Azmy, Brooke B, Oliver Smith, Gary Abella, Deepak Kubendran, James Mao, David Moore, Raf Flores, Charlotte Price

**Marketing**

Alex Abella, Krissy Anderson, Eileen Maynigo, Barnes Luz, Jason Harris, Stephanie Macabenta, Charles Chan, Jenny Hu, Chevy, Zenaida G

**Writers & Contributors**

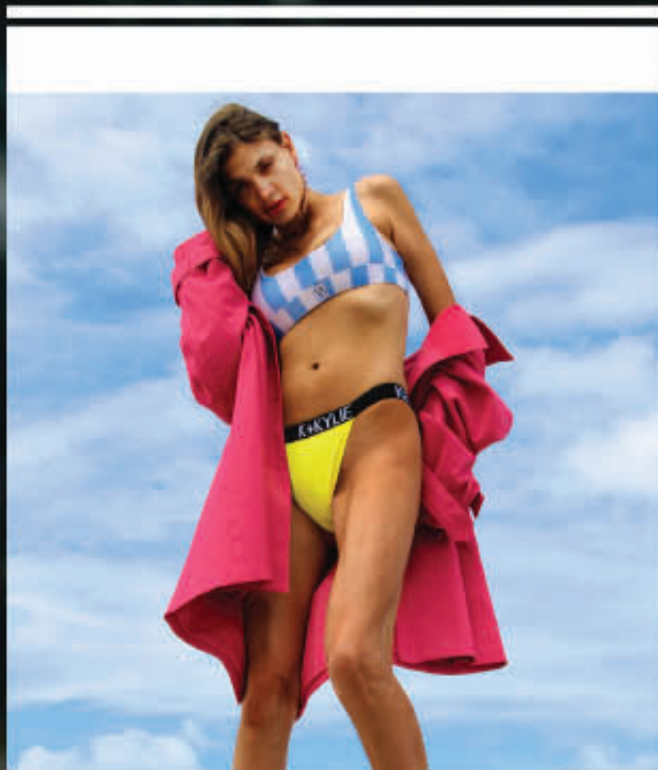
Olivia Robinson, Shiwani Gulpah, Renae Smith, Holly Phillips, Jenny Hu, Charles Chan, Jill Antonio, Scott Murray, Vanessa Jensen, Leanne Harrison, Patricia Higgins, Judy Flynn, Angie, Katrina R, Rommel P, Christian Q, Christine Claire dela Pena, Dasein Catedrilla

While every effort is made to ensure the information in this magazine is correct, changes may occur that affect the accuracy of the copy, for which GEQ holds no responsibility. The opinion of contributors are not necessarily those of GEQ's staff. GEQ disclaims liability for those impressions.

---

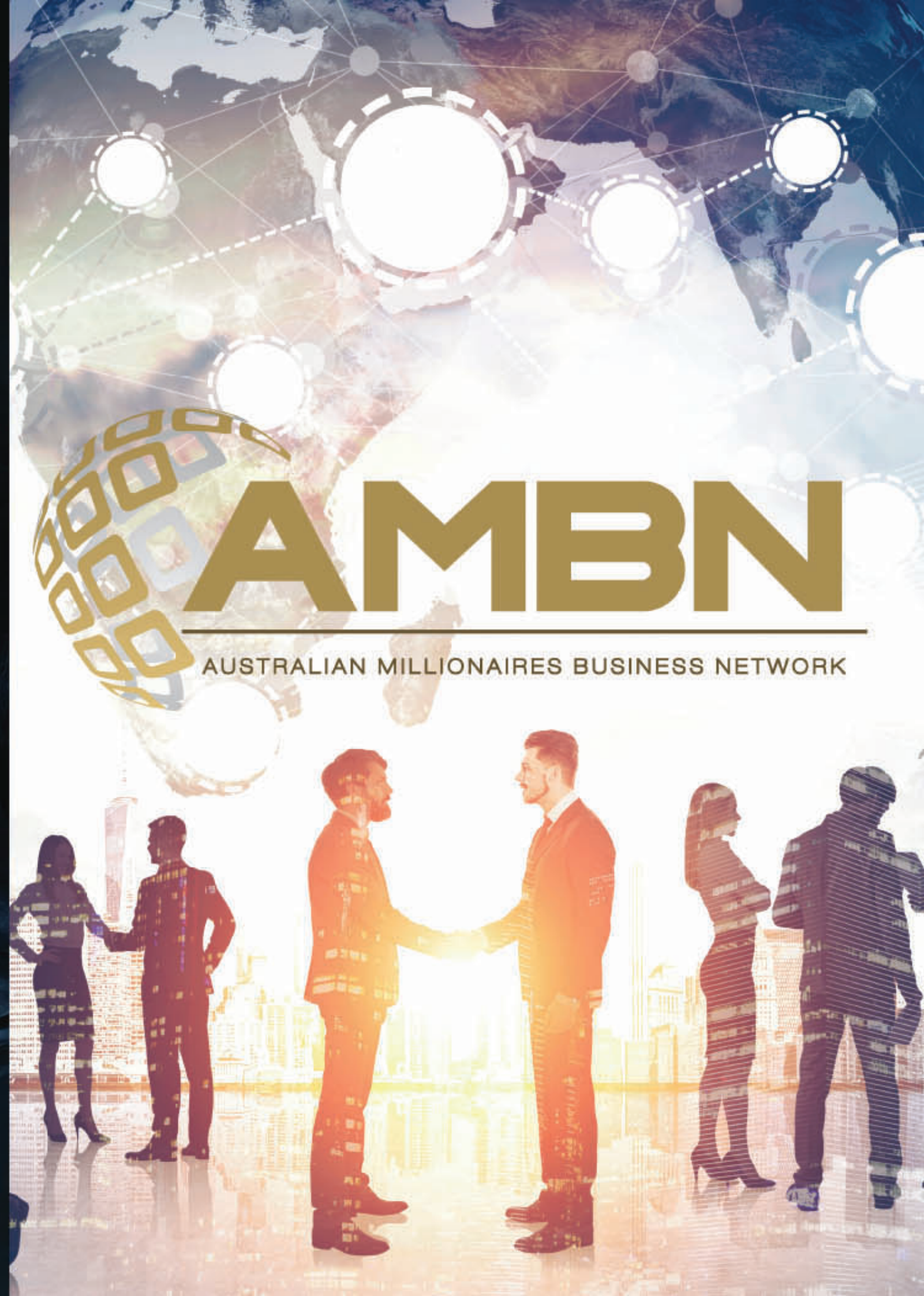


# GLOBAL ELITE QUEENS



## CONTENTS

- 6 **Industry Tips:** 7 tips to becoming an influencer in 2023
- 10 **Fashion:** 7 tips to improve your personal style in 2023
- 12 **Beauty:** Five of the biggest beauty trends to know about
- 14 **Closet Detox:** Seven steps to end closet chaos
- 18 **Cover Story:** Find out more about Joanne Nicolas as she celebrates 20 years in the modelling industry
- 28 **In Pictures:** Miss Earth Australia winners courtesy of Pedro Virgil
- 34 **The Modelling Industry:** Expectations vs. Reality





# SEVEN TIPS TO BECOMING AN *Influencer* IN 2023

In recent years, the term "influencer" has become a buzzword in the world of social media. An influencer is someone who has a sizeable audience on social media sites like Instagram, YouTube, and TikTok and has the power to influence the purchasing decisions of their followers.

Becoming an influencer is not easy, but it is not impossible. With the appropriate tactics and perspective, you can develop a following and rise to prominence in your niche. In this article, we will discuss the steps you can take to become an influencer.

## **Choose Your Niche**

The earliest stage of influencer development starts with choosing your niche. Your niche is the area of interest that you are passionate about and want to create content around. Your niche could be anything from fitness and health to beauty and fashion, or even gaming and technology.

Selecting a niche is crucial because it helps you focus your content and attract a specific audience. When you have a clear niche, you can create more targeted and valuable content for your audience.

## **Research Your Audience**

Once you have decided on what niche you want to tap into, the next step is to research your audience. You need to understand who your target audience is and what they are looking for. This will help you when it comes to creating content that will resonate with your audience and attract more followers.

You can research your audience by looking at the profiles of your followers or using social media analytics tools. You can also engage with your followers through comments and direct messages to better understand their needs and interests.

## **Create High-Quality Content**

Creating high-quality content is essential if you want to become an influencer. Your content should be visually engaging, useful, and informative to your audience. Depending on your niche and audience, you can create different types of content, like photos, videos, and blog posts.

To create high-quality content, you need to invest in good equipment like a camera, lighting, and editing software. You can also hire a professional photographer or videographer to help you create outstanding content.



**Be Consistent**

Consistency is crucial when it comes to establishing a following on social media. You must post regularly to keep your followers engaged and interested in your content. You should also have a consistent posting schedule so your followers know when to expect new content.

Being consistent also means maintaining the quality of your content. You should never, ever let the caliber of your content suffer. Content should not be just to meet your posting schedule. Your content should always be informative, valuable, and visually appealing.

**Engage with Your Audience**

Engaging with your audience is essential if you want to become an influencer. You need to respond to comments and messages from your followers and build relationships with them. When you engage with your audience, you show them you care about and value their feedback.

Engaging with your audience also means collaborating with other influencers in your niche. You can collaborate on content, share posts, and promote each other's brands. You can reach a bigger audience by working with other influencers.

**Use Hashtags**

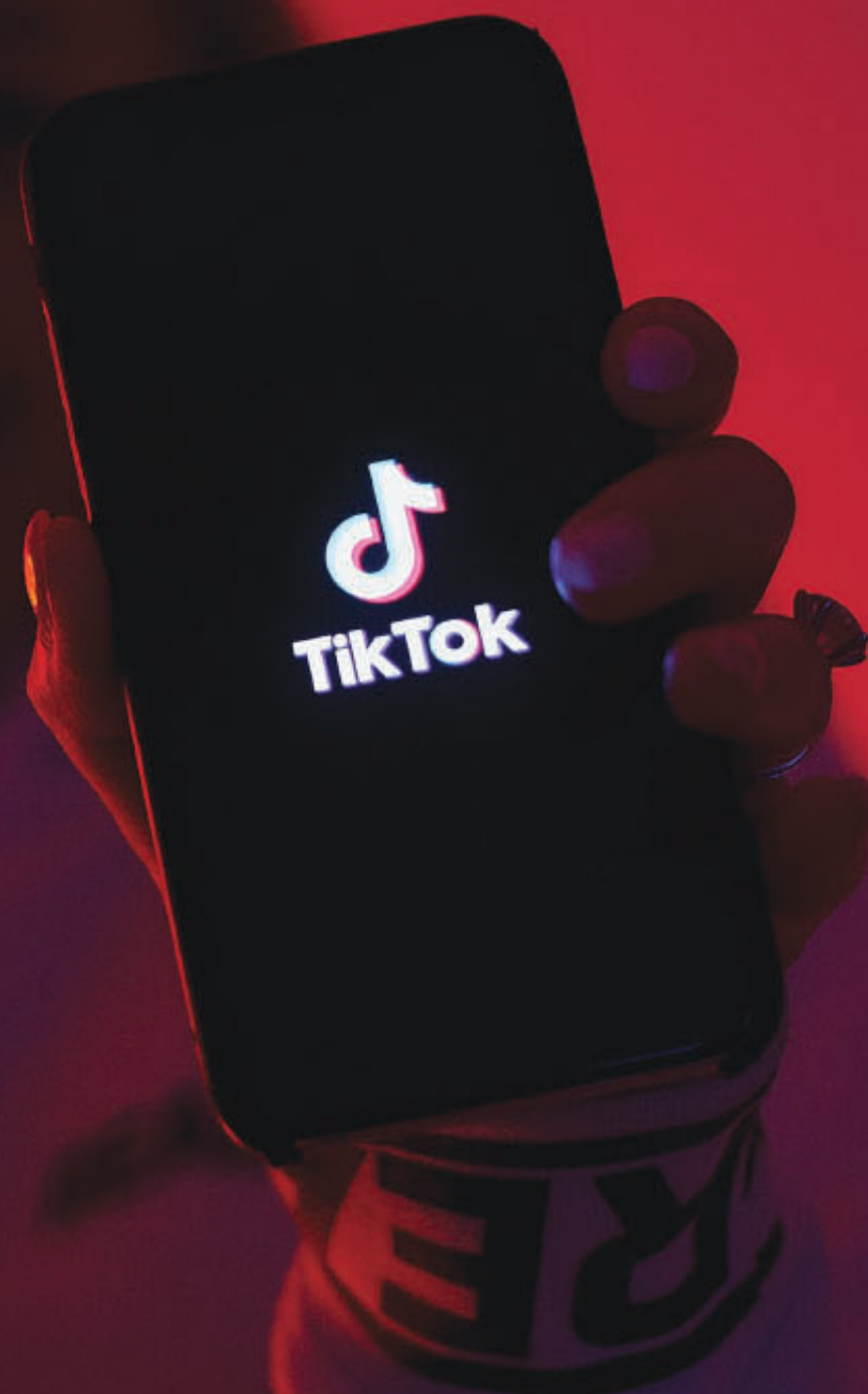
Hashtags are a powerful tool that might assist you in expanding your social media following. You should use appropriate hashtags in your posts to make them more visible and get them in front of more people. You can use online tools like Hashtagify or RiteTag to find relevant hashtags for your niche.

When using hashtags, make sure you use them strategically. You should not use too many hashtags in your posts, as it can make them look spammy. You should also avoid using irrelevant hashtags, which can negatively impact your engagement.

**Be Authentic**

Authenticity is essential if you want to become an influencer. Your followers want to see the real you, so you must stay true to yourself and your values. Your followers will appreciate your authenticity and connect with you on a deeper level.

Remember, becoming an influencer takes time and effort. Keep working hard and stay committed to your goals; you will eventually succeed.





# SEVEN TIPS TO IMPROVE YOUR Personal STYLE IN 2023

*Your first chapter in personal style will be improving your style with these 7 easy steps, which will provide the groundwork for future style development.*

Personal style is a reflection of who we are, and it is essential to feel comfortable and confident in what we wear. Styling is an art that can be learned, and everyone can improve their style by following some simple tips. Below are some styling tips to improve your style:

**Define your style:** The first step to improving your style is to define your style. Take some time to evaluate your current wardrobe and identify what you like and dislike. Look for patterns in the type of clothing, colours, and styles that you are drawn to, and use this information to define your personal style.

**Create a capsule wardrobe:** Creating a capsule wardrobe is an excellent way to streamline your wardrobe and simplify your style. A capsule wardrobe consists of a small collection of essential, versatile pieces that can be mixed and matched to create multiple outfits. Investing in quality basics such as a classic blazer, a pair of well-fitted jeans, and a versatile dress will form the foundation of your capsule wardrobe.

**Accessorize:** Accessories are an excellent way to add personality and interest to your style. A colourful scarf, a fab necklace, or fabulous earrings can instantly elevate an outfit. Many accessories can look cluttered and overwhelming, so try not to overdo it.

**Fit is king:** No matter how stylish an outfit may be, it won't look good if it doesn't fit well. Make sure you invest in clothing that fits well and flatters the shape of your body. Don't wear clothes that are too tight or too loose, and only choose pieces that accentuate your best features.

**Don't be afraid to experiment:** Personal style is about expressing yourself, so you must be bold enough to experiment with various styles and trends. Try mixing different prints and textures or incorporating unexpected colors into your outfits. You may be surprised at how a bold choice can make you feel more confident and stylish.

**Dress for the occasion:** It is essential to dress appropriately for the occasion, whether it's a formal event or a casual outing with friends. Consider the dress code and the venue when selecting your outfit, and ensure you feel comfortable and confident in your attire.

**Take care of your clothes:** Investing in quality clothing is only half the battle; you must also take care of your clothes to ensure they last. Follow the care instructions on the label, and avoid washing and drying clothes excessively. Additionally, make sure that you store your clothes properly to prevent wrinkles and damage.

In conclusion, improving your personal style is about understanding your style, investing in quality clothing, experimenting with different trends, and dressing appropriately for the occasion.





FIVE OF THE BIGGEST

# Beauty Trends

## YOU NEED TO KNOW

As we enter 2023, the beauty industry is already preparing for new and exciting trends. With the constantly evolving world of beauty, keeping track of what's hot and what's not is hard. However, here are the five biggest beauty trends you can expect to see in 2023.

### Sustainable beauty

Sustainability has been a buzzword in recent years and has made its way into the beauty industry. In 2023, consumers will be more conscious about the environment and the impact of their beauty routines on the planet. This means that beauty brands will be expected to be more eco-friendly and reduce their carbon footprint. More and more brands are expected to introduce recyclable or biodegradable packaging, use sustainably sourced ingredients, and minimize waste in their manufacturing process.

### Skinimalism

Gone are the days of the 10-step skincare routine. In 2023, skinimalism will be the new trend. Skinimalism means that less is more when it comes to skincare. This trend is primarily about embracing your inherent beauty and simplifying your skincare routine to only the essentials. It's about using fewer products but using them correctly and effectively. This trend will encourage people to focus on their skin's health rather than perfection, emphasizing a more natural and minimalist look.

### Bold Eye Makeup

Bold and colorful eye makeup is back in trend for 2023. The beauty industry will see more people experimenting with bold, bright eyeshadows, graphic liners, and dramatic lashes. Bold colors like blue, green, and purple will be popular, and metallic finishes will also be a trend. However, it's not just about being bright and bold. This trend will also emphasize experimentation with textures and shapes as people push the boundaries of traditional eye makeup.

### Skincare Supplements

In 2023, skincare supplements will be the new buzz in the beauty industry. Skincare supplements will be popular as they offer an easier and more convenient way to maintain healthy and glowing skin. Supplements like collagen and biotin will be popular for hair, skin, and nails. Other supplements like probiotics and omega-3s will also be popular as they help to improve overall skin health.

### Inclusive Beauty

Inclusivity is not new, but it will remain a big trend in the beauty industry in 2023. This means that beauty brands will focus more on creating products catering to a diverse range of skin tones, hair, and skin types. Brands will be expected to offer a broader range of shades in their products, and more gender-neutral products will be available.

In conclusion, let's face it; the beauty industry is constantly evolving, and 2023 is set to be an exciting year for new beauty trends. With sustainability, skinimalism, bold eye makeup, skincare supplements, and inclusive beauty, there is something for everyone. So, get ready to experiment and have fun with the latest beauty trends of 2023.







# Closet Detox

## SEVEN STEPS TO END CLOSET CHAOS

*A wardrobe detox may be necessary if you frequently feel as though you have "nothing to wear" while having a closet overflowing with clothes. The aim? a closet that only contains the items you wear and love.*

Detoxing your wardrobe is a great way to declutter and organize your closet while also being more mindful about the clothes you own and wear. Here are some tips on how to detox your wardrobe:

### Take everything out

The first step in detoxing your wardrobe is to take everything out and spread it on your bed or floor. This will help you see everything you own and make it easier to decide what to keep and what to get rid of.

### Sort into piles

Once you have everything out of your closet, start sorting your clothes into piles. You can create different piles based on what you want to keep, what you want to donate or sell, and what you want to throw away.

### Assess each item

As you sort through your clothes, assess each item and ask yourself if you have worn it in the last year or if you plan to wear it in the future. If the answer is no, then it's time to let it go.

### Keep only what you love

When deciding what to keep, only keep the clothes you love and feel confident wearing. This will help you create a wardrobe filled with clothes that make you feel good rather

than clothes that make you feel self-conscious.

### Donate or sell

For clothes that are still in good condition but no longer want or need them, consider giving them to a nearby nonprofit or selling them online. This will help you give back to your community and make extra money.

### Organize your closet

Once you have decided what to keep and what to get rid of, it's time to organize your closet. Consider organizing your clothes by category, such as pants, shirts, dresses, etc. As a result, finding what you're looking for will be simpler, and it also helps you see what you have in your wardrobe.

### Consider a "capsule wardrobe"

If you're looking to simplify your wardrobe even further, consider creating a capsule wardrobe. A modest selection of clothing that can be combined and matched to create various looks is known as a capsule wardrobe. With a capsule wardrobe, you can simplify your life and focus on quality over quantity.

Detoxing your wardrobe is a great way to simplify your life, be more mindful about what you own and wear, and create a wardrobe that reflects your personal style. These recommendations will help you organize your closet and create a wardrobe you love.





TV1 is an entertainment and lifestyle global streaming platform offering Australian content. TV1 promotes the most exhilarating events, the most glamorous and successful people, the most in-demand celebrities, the hottest rising stars, and the most exciting trends down under. TV1 may be new but it's most certainly in demand and 100% Australian. We are committed to making Aussie local talents, events, and entrepreneurs easily accessible to both our local and international audiences via the highest quality streaming technology.

Co-founded by the StarCentral Media Group and the Australian Millionaire Business Network, the TV1 channel is the home for independent Australian Screen content. We very much welcome our local screen practitioners from emerging through to the established to make TV1 their home. By streaming your content on TV1, you join a family of rising stars, entrepreneurs, celebrities, and various artists.

**MISSION:** Our mission is to present the most unique and compelling original Australian content by tapping into the hottest local talents and events.







# SUPERMODEL *Joanne Nicolas*

CELEBRATES 20 YEARS IN THE MODELLING INDUSTRY

Joanne Nicolas is a multi-talented individual with a diverse range of occupations. She is a supermodel, solicitor, fitness instructor, model teacher, small-scale property developer, and, most importantly, a mother of three. Her children include two boys and a newborn baby girl named Av'e Maria, who was born on Valentine's Day.

Joanne is known for her strong work ethic. Despite being six months pregnant, she strutted down the runway during Paris Fashion Week and modeled for numerous designer lookbooks. She has always wanted to be a mother to a baby girl, and now she has fulfilled her dream with the arrival of Av'e Maria. Joanne's modeling career has spanned two decades, and she recently achieved the title of Global Elite Supermodel of 2022. She was scouted for Victoria's Secret casting in 2011 in New York, and judged and mentored on Elite Supermodel Australia 2021. She collaborated with America's Next Top Model, Chanel, Louis Vuitton, Dior, Dolce Gabbana, Issey Miyake, Hugo Boss, Loreal, Karl Lagerfeld, Myer, David Jones, Westpac Bank, Westfield, Maybelline, Vera Wang, Sony, Max Mara, and numerous others. Remarkably, she achieved all of this without an Instagram account, relying solely on her posing skills and the ability to shoot quickly. Joanne has always believed in laying a solid foundation, including perfecting her poses and runway walk. As a result, every pose and walk is flawless, making every shot an ideal one. She is known for being a hard worker, and no brand or client is beneath her. She accepts jobs from both big and small brands, believing that every brand deserves a chance to shine. She feels humbled and grateful that they have chosen her to represent their brand.

Over the past six years, Joanne has established herself as a supermodel, primarily working in New York, Paris, and Milan. However, she has also shared her expertise as a model teacher with thousands of models across various academies, including the Academy of Modeling Excellence, the Style Academy, Elite, and Luxe.

GEQ magazine recently caught up with Joanne to discuss her journey in the industry and here's what went down:

**Congratulations on the birth of your baby girl. Tell us a little about her name and how you feel about this new addition to your family.**

Thanks so much. My baby girl was born at the Royal Hospital for Women in Randwick. She was born on Valentine's Day and is just a quiet baby girl. Her name is Av'e Maria which is one of my fave church hymns, and it doesn't matter how I'm feeling - if I hear that Church song, it just gives me so much peace and instant calm. Her middle name Valentina was added because she was born at 9:15 on Valentine's Day. I feel like a lifelong dream of having my own girl has finally been realised. After having 2 boys and being super content with them, I am super thankful this baby is not just healthy, but that she's a little girl. I can do all the things with her I've always wanted. It was no secret to those who knew my wish for a girl. I'm elated; I can't stop smiling when I see her and hold her. She's been what I've prayed for such a long time.





*"Some career highlights include Victoria's Secret runway in New York, judging and mentoring at Elite Supermodel Australia, strutting a runway for Oppo with America's Next Top Model, as well as high fashion brands such as Chanel, Dior, Louis Vuitton, Dolce Gabbana, Paris Fashion Week, Karl Lagerfeld, Max Mara, L'Oréal on International Day of Women, Balenciaga, Westfield, Vera Wang, Sony, David Jones, and Myer."*

**What was it like for you growing up and your family upbringing?**

I'm one of four children from a strict Catholic family and private Catholic schooling. I remember my childhood and teens as a majority of sports and have a massive collection of sports trophies that don't fit into our cabinet. I had straight A's across all my subjects and enjoyed PDHPE the most. In fact, I was always first in PDHPE. I also enjoyed work experience at Sydney Chambers tremendously with a Barrister and mentor of now 20 years Rory McCrudden. His first comment to me upon meeting me was "Oh, what are you doing here? Go and become a supermodel."

When my parents divorced, I decided to stay with my dad and take care of him as best I could. Having taken the road less travelled is something I feel has shaped me incredibly. My dad demands excellence, and he is the hardest worker. My aunty and grandmother have played an important role in my womanhood, celebrating my achievements and I love them tremendously.

**You're unique in the sense of being a Supermodel, a Solicitor, a fitness instructor model teacher, and also into property renovations/ development. Can you tell us more about how you managed to acquire different titles and how you managed to do so many things as well as being a mum?**

I always thought sports would be a career path. I travelled to Malaysia at 14 for netball, but I could have easily had a career in elite-level running as my times were relatively fast. I decided to study law as I was simultaneously offered a Scholarship for Law and Certificate 3 in fitness at TAFE. It was mentally gruelling. I became a solicitor by age 22 via the NSW Law Society and graduated with Certificate 3 at TAFE, qualifying me as a fitness instructor. Modelling jobs were throughout my studies, and I travelled to New York after being scouted by Elite Models New York and Victoria's Secret by Monica Mitro, the VP. My studies were intense as I was on a Scholarship, but it was worth the late nights of study after I graduated, and I could solely focus on climbing the modelling ladder in New York. I've naturally also been called through the last eight years to teach at various Academies all over Australia, as well as a Judge and Mentor at Elite Supermodel Australia, which was an incredible opportunity. The title of property developer [small scale] comes from my

passion for property and turning ordinary into extraordinary.

**What area of law do I mostly enjoy and work in?**

I work primarily in construction law and criminal law. I really enjoyed studying my LLM Masters in Law at Sydney University, particularly Intellectual Property, however, it's such a niche area, but what I most enjoy is criminal law and construction law. It also pays off to have construction clients as they always help me with my renovations on properties, and my house has been texture rendered three times by my renderer client. It's so white I can't look at it when the sun shines on it - it's quite blinding. I have had Members (the equivalent of Local Court Magistrates of NCAT) Moss and Livingstone both state after winning my cases "excellent lawyering" Miss Nicolas, and "always 1000 steps ahead Miss Nicolas" at NCAT. With 15 years of experience of being a solicitor, I find those compliments mean gold to me. I enjoy criminal law and helping clients' situations. I don't judge my clients - that's God's job.

**What's your 20-year career highlight?**

Over 20 years, there are so many that come to mind. What first comes to mind is being selected as the Global Elite Supermodel of 2022. I am so humbled to have received it on my 20th anniversary year of modelling with an AMAZING bunch of people like Mike Ilagan, Sue Turner, and Vicki Chew. Also, being in demand for the whole 20 years makes me feel humbled that my look and hard work are appreciated by the brands. Definitely, some career highlights include Victoria's Secret runway in New York, judging and mentoring at Elite Supermodel Australia, strutting a runway for Oppo with America's Next Top Model, as well as high fashion brands such as Chanel, Dior, Louis Vuitton, Dolce Gabbana, Paris Fashion Week, Karl Lagerfeld, Max Mara, L'Oréal on International Day of Women, Balenciaga, Westfield, Vera Wang, Sony, David Jones, and Myer - they all make me feel so accomplished and I'm so grateful I've been able to make a career from my passion. Magazine covers always bring a smile to my face, and I am so immensely humbled and elated shooting this cover two weeks after having my baby girl. I love this magazine and its director, and shooting in one of my favourite Sutherland locations is just icing on the cake. We shared a bottle of Moët, and I am still on this amazing natural high from one career highlight to another.





#### Have your modelling and law worlds ever collided?

Actually yes. When I was Judge and Mentor at Elite Supermodel Australia, I was also asked to edit their legal retainer, and I enjoyed doing both roles utilising my legal knowledge. One minute I'm at the Judging table asking models to see their walk and tell me about them, and by night legally drafting and editing.

A previous boss walked in with her daughter to audition on the casting day. When her turn came, we gave each other the biggest hug. I hadn't seen her in years. She was an awesome boss, always letting me leave work early if I had a model event. When I'm in court, I can just tell other solicitors are aware of my modelling profile, but I'm serious about my clients' situations and achieving resolve for their legal problems. I try mostly to appear in court electronically these days. When I studied for my LLM Masters in Law, my mediation teacher recognised me from modelling and stated she was impressed with my modelling and legal/ academic achievements.

#### How do you cope with fame and constantly being in the spotlight for modelling?

It's such a progressive fame journey, but now it seems everybody everywhere I go, someone wants a selfie or autograph. I don't mind the cameras flashing, as I am generally sociable. Sometimes it can be overwhelming, but I switch off at home through exercise, jogging in our home gym, boxercise, aerobics sessions I've made for myself, prayer, planting new plants in the garden, and maintaining regular contact with my loved ones who make life feel at home.

I love spending quality time with my children in the backyard and the sandpit, and I love nurturing their talents. They have a way of

making me feel the cameras are far away. When I was at the Judging table for Elite Supermodel, so many of the models were shaking when they would talk to me so nervously, and I would say, why are you shaking? Just breathe. They would say because I've always wanted to meet you, and you're right there. I didn't see myself in that way.

#### How do you keep looking young and slim after having children, and what are your fitness and beauty secrets?

No secrets at all. I'm a vegetarian and have been my entire life. I eat as organically as possible, and salmon is my favourite food. I love blueberries and strawberries and eat PLENTY of fruits and vegetables. My year 12 jersey said '99% fat-free'. I've always eaten healthily, and water is my best friend. I drink so much water, and I remember fitness and sport has been part of my life way before modelling ever was. I exercise daily and play many sports in the backyard with my children. I do like to train downstairs in our home gym, and holding planks is something I attribute a strong core to, and I do my own homemade aerobics sessions. My husband holds the mitts up for boxercise, and as he was a personal trainer, we both value fitness. I believe good skin and looking young are all in the food, no illicit drugs, alcohol on special occasions, good sleep, and not stressing about things. Every year or two at Christmas, I just get peels such as chemical peels and microdermabrasion, and it keeps me looking young. My skincare is Cosmelan and Sekisui creams from Japan, and a sunscreen over SPF 50+ daily. These brands tend to work for me, as well as L'Oréal products. I try not to wear makeup for too long as I believe the skin needs to breathe.

#### What achievements am I most proud of?

I am mostly so happy with being a mum. I love my children to

death, and they are my biggest achievement, especially my little girl who was almost going to be a neonatal baby as she was very tiny and somehow made it to a healthy baby born on Valentine's Day. It's no secret to anyone that knows me. I have always wanted a little girl, and I'm so blessed she's finally here. I'm so blessed to have them.

I am also super content with the fact I've, from a young age, put my wealth in the right places and been able to buy property in my 20s without a bank. Not many people can buy property without a bank. I attribute this to my taking life seriously from a young age, working so damn hard at law and modelling from the get-go, taking modelling seriously. I've gone from building my modelling portfolio to building a property portfolio. I've made wise choices regarding property, and I remember the day I bought the house I'm currently at, the real estate agent Ben Gibbons asked if the cheque would bounce. We laughed, and I assured him it wasn't, and five days later, he was handing over the key. I owned my Mercedes from a young age. I wasn't even legally allowed to drive it and had an RMS exemption to drive a supercharged vehicle. My Galia Lahav handmade in Israel wedding gown was quite pricy at \$20,000, but at the end of the day, what makes me happy is not these tangibles but rather the love of family and friends and the things which I can't see that give me inner peace.

#### Congratulations on the birth of your new baby girl. How are you all doing, and how did your two little boys react to her arrival?

Thank you. Av'e Maria is honestly the quietest baby ever. I don't feel her presence compared to when my boys were newborns. She doesn't even cry when she has soiled her nappy. I don't feel like I have a newborn; she's an angel baby.

Matthew was so protective, acting like a goalkeeper to her cot, saying no, Nicolas, stay away from the baby. Nicolas was so excited, and he was saying can I pat it? Can I touch it? Where is she from, mum? He was trying so hard to pat her, and Matthew was so protective of her. I have to explain to them every day she's from mummy's tummy, remember .. the baby in mummy's tummy. I always find Nick trying to pat her, feed her a bottle, and try to carry her. I have always stopped him, but he's so excited by her. Matthew is just the most precious caring brother to her. He won't let anyone touch her. I can already tell they will both be great older brothers for her.

#### What is my parenting style like?

I would say strict but give them heaps of love. Love needs nurturing daily, and kids like routine. I shower my children with love, but they know they can't misbehave and that mum is boss. I am big on routine, and they're in many sports. My boys attend swimming, athletics, soccer, and bowling classes. The bowling class is more so fun class they do after soccer than competitive junior league bowling. I'm constantly playing with their soccer and any active sports in our backyard and park. I am big on sports and the fact children should be active. I don't let them watch tv unless it's phonics or something they can learn from. I live by the same principle and think my parents have done a great job providing that healthy outlet for sport. They keep bugging me for gadgets, but I won't give in. I take them to the library, get them to borrow books, and read to them every night. My son Nick is big on books, and Matthew sometimes wants to play in the sand pit or soccer with me. Our nanny knows my routine and my focus on sports and healthy food. My boys have adjusted well to my busy schedule swimmingly, and all their teachers say they're happy little kids.



### Would you let your children model?

I get asked this question a lot. The answer is only if they want to. I don't think childhood should be commodified, particularly if it's just the parents who want their son or daughter to model. You can never get your childhood back full stop. It's really important to me for my children to have stability, love, and the best possible childhood memories. There's always time to model, ONLY if they want... and I personally won't push any of my children to model or make any career in general that they are not passionate about. They won't go far if they're not passionate about something away. It needs to be that fire inside for something, with any career, really.

Yes, I admit some children are just made for the camera, and I've taught many child models as young as seven who have a natural modelling personality in various Academies. Certain personalities cope very well, and other times when I'm just not sure the child has an idea of what's actually going on at the photo shoot, I can't take any instruction from photographers. I'm wondering if the child wants this at all or if it is just the parents. It's important to strike a balance as children's self-esteem and memories they carry through to adulthood were discussed here, not something I take lightly. I would only expose them to that world if they showed signs of wanting to model, and only then would I help them succeed.

### Tell us where we could expect to find you in private or spare time.

Spare time? What is that? I fed the homeless every Thursday night for more than 15 years in Sydney and New York with the Church United Palace Cathedral. My time has become so pressed I now struggle to find time for myself. I also don't have the luxury of privacy anymore, so I find myself making private donations to good causes instead of being in the public eye helping hand out food face to face, which I regularly did in Sydney, New York, through UPC Church ministry. It's just difficult as fame changes things. I have a massive soft spot for homeless people and those of ABTSI heritage. They are the gatekeepers and have suffered so much historically, so it's important for me to help them at any opportunity I can despite not getting any money from it. I wish the Government would help more with homeless people as I see large amounts allocated to things like renovating stadiums. Still, yet there are more and more people becoming homeless. It really needs Government intervention and wouldn't blow the budget to build homeless

housing facilities, which takes priority over a stadium renovation. I am finalising my model book and tending to the newborn at the moment, so spare time doesn't exist.

At the moment, and to be honest, for some time, spare time hasn't existed. I've been such a busy mum, model travelling both internationally and interstate, model teacher teaching models all over Australia even amidst covid via Zoom, solicitor, and fixing up property spare time seems to be a thing of the past. But I hope to find that balance in the next 20 years where I can have more me time and children time with less nanny. You will always find me daily, finding time to jog or do planks. I have a green thumb, and sometimes I make that trip to Bunnings to choose some plants to add to the garden.

### Congratulations on reaching 20 years of modelling. What are your plans and career goals for the next 20 years?

Firstly, Thanks so much. I celebrated shooting this with a bottle of Moët at the same location I shot at, and it was the first time I saw a heart on the rocks, and I have previously been lucky enough to see a whale surface in the past. As for the next 20 years, first, I will be publishing my model advice book, continuing practising in law, and working on the next property development. This property is ready for sale, so I'm looking keenly for the next project. I will always enjoy being in the courtroom advocating, renovating, fitness, and teaching models. There's been so much interest in me going back and modelling for Paris Fashion Week and shooting more campaigns. There has also been interest in New York for me to become an agent and teacher leading a New York-based agency. I am weighing up so many options at the moment. I'd like to further my law career and take my time and pray on things, so I make the right choice given I have young children. I feel I've given enough of myself to modelling and now it's time to give my other talents time to shine.

On a last note, I'm so grateful to have reached this 20th Anniversary Milestone of modelling, especially shooting this cover with an amazing magazine. I've worked so hard and am so grateful to the modelling industry for giving me so many opportunities. I've met incredible people, made lifelong friends, and this cover is something that I will treasure forever.



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.

# studio49

photography

49 Johnston St, Annandale NSW 2038  
Phone: 0416 095 875



GLOBAL  
**ELITE**  
QUEENS

## HIGH-FASHION PHOTOSHOOT WITH MISS EARTH AUSTRALIA

Photographed by: Pedro Virgil

Featured Models:

Miss Earth Australia 2022: Sheridan Mortlock  
Miss Earth Water Australia: Riley Aston  
Miss Earth Fire Australia: Robyn Russell  
Miss Earth Air Australia: Naomie White  
Miss Earth Charity Australia: Himaya Wijayaweera













# THE MODELLING INDUSTRY: *Expectations* VS. REALITY

Modeling is a glamorous career that has attracted people from all over the world. The fashion industry is constantly looking for fresh faces and new talent, and many aspiring models dream of making it big. However, the reality of being a model is often very different from people's expectations. In this article, we will explore five model expectations and the realities of the industry.

## **Expectation 1: Fame and Fortune**

Many people think that becoming a model automatically means fame and fortune. They assume that models earn much money, travel the world, and have a glamorous lifestyle. However, the reality is that modeling is a highly competitive industry, and only a small percentage of models ever achieve fame or fortune. Many models must work for years before making any significant income, and most never become household names.

## **Expectation 2: Perfect Body**

The fashion industry is often associated with thinness and perfection; many believe that models must have perfect bodies. While it's true that models are expected to maintain a certain level of fitness, the reality is that there is no one perfect body type. The industry is becoming more inclusive, and there are now opportunities for models of all shapes and sizes.

## **Expectation 3: Glamorous Lifestyle**

People often assume modeling is a glamorous lifestyle filled with parties, red carpets, and photo shoots in exotic locations. While this may be true for some models, the reality is that modeling involves long hours, hard work, and little glamour most of the time. Models often work in uncomfortable conditions and spend hours standing in high heels.

## **Expectation 4: Easy Money**

Many people believe that modeling is an easy way to make money. However, the reality is that modeling is hard work and requires a lot of time and effort. Models often have to go to castings and auditions, and they may have to work long hours with little pay. Modeling is also a very unpredictable industry, and work can be sporadic.

## **Expectation 5: Success Overnight**

Many people believe that becoming a model means instant success. They assume that they will immediately start booking jobs and making money once they sign up with an agency. However, the reality is that success in the industry takes time and hard work. Models must constantly network, update their portfolios, and persist in their pursuit of employment.





# SUE'S INHOUSE NAIL & BEAUTY

44 WOODLANDS DRIVE, THORNTON NSW 2322

PH: (02) 4934 2831 MOB: 0402 281 721

EFTPOS / CREDIT CARD FACILITY AVAILABLE