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April 2024

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COMING SOON...

GEQ
ACADEMY

The logo features the letters 'GEQ' in a large, bold, sans-serif font. Above the 'Q' is a crown icon. The entire logo is set within a circular frame made of small, glowing gold dots. The background is dark with light streaks and bokeh effects.

Fashion WEEK

GET FASHION WEEK READY

Fashion week season is just around the corner, and you don't want to miss out, queens! Prepare your bold shoes, statement sunglasses, and gather your best group of friends. No matter if you'll be sitting front row or attending one of the talks about the future of fashion, we've got you covered.

Australian Fashion Week (AFW) is one of the most anticipated events in the fashion industry in Australia. It's an excellent opportunity to showcase your brand, connect with other designers, and be seen by buyers, press, and fashion enthusiasts. If you plan on participating in AFW, organizing everything beforehand is essential to ensure a smooth and successful show. This article will discuss preparing for Australian Fashion Week, including preparing your collection, building a team, and promoting your brand.

Prepare your Collection

Preparing your collection is the first step in getting ready for Australian Fashion Week. Your collection should be unique and creative and showcase your signature style. You must have a distinct vision of what you want to showcase and convey through your designs. Below are some handy tips to assist you in preparing your collection:

Research and Inspiration

Research is an essential part of designing a collection. You must be up to speed with the latest fashion trends and understand your target audience's wants. Spend time browsing fashion magazines, blogs, and social media platforms to gather inspiration for your collection. Create a mood board that reflects your vision and use it as a reference for designing your pieces.

Set a Theme

Once you have gathered inspiration, choose a theme for your collection. Your theme should be consistent throughout your designs and showcase your creativity. Think about the potential story you want to tell with your collection and how you want your designs to make your audience feel.

Create a Cohesive Collection

Your collection should be cohesive and flow together. Each piece should complement each other and create a consistent narrative. Consider using similar colors, fabrics, and patterns to create a coherent look.

Choose the Right Pieces

Choose the right pieces to showcase in your collection. You need a mix of statement pieces and everyday wear that will appeal to buyers and customers. Make sure that your collection is balanced and caters to a variety of tastes.

Build your Team

Preparing for Australian Fashion Week can be overwhelming, so building a team that will support you throughout the process is essential. The following are some tips on building your team:

Hire Professional Models

Professional models can bring your designs to life and give you an idea of how they will look on the runway. Choose models that fit your brand aesthetic and have experience walking the runway.

Hire a Professional Hair and Makeup Team

Your hair and makeup team can make or break your show. Choose a team that understands your vision and can create looks that complement your collection.

Hire a Professional Photographer and Videographer

A professional photographer and videographer can capture your show and create content that you can use to promote your brand. Choose a team with experience shooting fashion shows and understanding how to showcase your designs.

Promote your Brand

Promoting your brand is essential to attract buyers, press, and fashion enthusiasts to your show. Below are some handy tips on how to promote your brand:

Create a Press Kit

Create a press kit that showcases your collection and brand. Your press kit should include high-quality images of your designs, a press release highlighting your brand story and collection, and contact information for interviews and inquiries.

Reach out to Influencers and Bloggers

Influencers and bloggers can help promote your brand and create buzz around your show. Reach out to influencers and bloggers that fit your brand aesthetic and invite them to your show.

Host a Pre-Show Event

Hosting a pre-show event can generate excitement and create a buzz around your brand. Invite buyers, press, and influencers to your event and showcase your designs. Offer refreshments and create an ambiance that reflects your brand aesthetic.

Utilize Social Media

Social media is an incredible tool that can help you promote your brand before, during, and after Australian Fashion Week. Use social media platforms such as Instagram, Twitter, and Facebook to share sneak peeks of your collection, behind-the-scenes content, and live updates from your show. Use relevant hashtags and tag AFW to increase your visibility and reach.

Follow up with Buyers and Press

After your show, it's essential to follow up with buyers and the press that attended your show. Send a thank-you email or note and include your press kit and lookbook. Provide information on how to place orders and where to find your collection.

In conclusion, preparing for Australian Fashion Week requires creativity, organization, and hard work. To prepare for AFW, you must prepare your collection, build a team, and promote your brand. Following the tips outlined in this article, you can create a successful show showcasing your unique style and attracting buyers, press, and fashion enthusiasts. Always stay true to your core vision and have fun with the process. Good luck!



FIVE TIPS TO LIVE A *Happier* HEALTHIER LIFE

Living a happy life is a universal goal that every person aspires to. But happiness is not just a feeling; it is a state of being that requires a conscious effort to achieve. Here are some tips on how to live a happy life:

Practice Appreciation: Appreciation is the practice of being thankful for the good things in your life. When you focus on the positive parts of your life, it becomes easier to find happiness and contentment. Make it a habit of listing down three things you are thankful for in your day-to-day existence. This will help you appreciate the good stuff throughout your life and shift your concentration away from negativity.

Develop Positive Relationships: A solid relationship with family, friends, and loved ones is essential to living a happy life. Positive relationships provide us with emotional support, a sense of belonging, and a source of happiness. Invest time and effort in building and maintaining positive relationships, and avoid toxic or negative ones that drain your energy.

Take Care of Your Health: Taking care of your health is crucial to living a happy life. Eat a solid eating regimen, work out consistently, and get sufficient rest. Taking care of your physical health will make you feel more energized and positive, contributing to a happier life.

Pursue Your Passion: Seeking after your passion is quite possibly one of the most rewarding ways to find happiness in life. Whether it's a hobby or a career, doing something you are passionate about gives you a sense of purpose and fulfillment. Pursuing your passion allows you to tap into your creativity, learn new skills, and make progress toward your goals.

Be Mindful: When you are mindful, you know your thoughts and emotions without judgment, and you can better manage stress and anxiety. Integrate mindfulness into your routine by taking a few seconds to breathe deeply and shift your focus on the present moment.

Give Back to Others: Helping others is a powerful way to find happiness in life. When you give back to your community or volunteer to help others, you experience a sense of purpose and fulfillment. It also provides an opportunity to connect with others and build positive relationships.

Practice Self-Care: Self-care is about looking after our emotional, mental, and physical health. It involves setting boundaries, prioritizing your needs, and doing activities that promote relaxation and rejuvenation. Practicing self-care helps you maintain a healthy balance and avoid burnout, contributing to a happier life.

In conclusion, living a happy life is not about accumulating wealth or material possessions; it's about finding joy in the simple things in life. You can live a happy and fulfilling life by practicing gratitude, developing positive relationships, taking care of your health, pursuing your passion, being mindful, giving back to others, and practicing self-care.



6 WAYS TO BOOST YOUR CONFIDENCE IN THE

Modelling Industry

The modelling industry requires a high level of confidence. Whether you are just a beginner or have been in the industry for years, it is essential to maintain a positive outlook and a sense of self-assurance. However, this is easier said than done, especially with the pressure to always look and perform your best. We'll discuss ways below how to boost your confidence in the modelling industry.

Know your strengths

One of the most vital things to do when working in the modelling industry is to know your strengths. Whether you can pose, your runway walk, or your facial expressions, identify what you do well and focus on those aspects of modelling. By honing in on your strengths, you can perform at your best and feel more confident in your abilities.

Practice, practice, practice

Another way to boost your confidence is through practice. The more you practice, the more you feel at ease and assured in front of the camera or on the runway. Take the time to practice different poses, facial expressions, and walking styles. The more you do it, the more natural it will feel and the more confident you will become.

Surround yourself with positive influences

Surrounding yourself with positive influences is essential for maintaining a positive outlook. This can include other models, photographers, or even family and friends. Surround yourself with positive, motivating individuals, and avoid those who bring you down. Keep in mind that your mental health is just as vital as your physical health, and surrounding yourself with positivity can go a long way in boosting your confidence.

Take care of yourself

Taking care of yourself is crucial for feeling confident in the modelling industry. This includes getting enough sleep, eating a healthy diet, and exercising regularly. When you feel good physically, you will feel good mentally, reflecting on your work.

Learn to handle rejection

In the modelling industry, rejection is a common occurrence. Not every audition or job will go your way, and learning how to handle rejection is essential. Rather than dwelling on the negative, use rejection as an opportunity to learn and grow. Look for constructive criticism and use it to improve your skills.

Be true to yourself

Finally, it is essential to be true to yourself in the modelling industry. While it is important to take direction from photographers and designers, don't lose sight of who you are as a person. Be confident in your own style and personality, and let it shine through in your work.

In conclusion, the modelling industry can be a challenging and competitive field. Still, by focusing on your strengths, practicing regularly, surrounding yourself with positivity, taking care of yourself, learning to handle rejection, and being true to yourself, you can boost your confidence and achieve success. Remember that confidence is critical, and with the right mindset, anything is possible.



MASTERING THE ART OF PUBLIC SPEAKING: TEN ESSENTIAL HACKS FOR SUCCESS

Public speaking can be a terrifying task for most people, but with the proper techniques and mindset, anyone can become a confident and effective communicator. Whether you're delivering a presentation at work, speaking at a conference, or addressing a large audience, these ten essential hacks will help you enhance your public speaking skills and leave a lasting impact.

Prepare Thoroughly

The key to successful public speaking lies in thorough preparation. Research your topic, organize your thoughts, and create a clear structure for your speech or presentation. Practice extensively to familiarize yourself with the content and anticipate potential questions or challenges.

Know Your Audience

Understanding your audience is vital. Research their demographics, interests, and expectations. Tailor your message to resonate with them, utilizing terminology and illustrations they can understand. Engage the audience by addressing their specific needs and interests, ensuring a more impactful and memorable speech.

Start with a Strong Opening

You need to lock in your audience straight away. Begin with a captivating anecdote, an intriguing fact, or a thought-provoking question. A powerful opening sets the tone for the rest of your speech and captures the audience's interest, ensuring they are engaged and attentive throughout your presentation.

Use Visual Aids Wisely

Visual assistance like presentations or objects can enhance your presentation, but use them sparingly and purposefully. Keep visuals simple, uncluttered, and easy to comprehend. They should complement and reinforce your message, not distract or overwhelm the audience. Practice with visual aids to ensure a seamless delivery.

Speak with Passion and Energy

Your enthusiasm for the topic will captivate the audience. Speak with conviction, infuse your voice with energy, and project confidence. Use appropriate intonation and vary your speaking pace to keep the audience engaged. A passionate delivery helps convey your message effectively and leaves a lasting impression.

Connect with Stories and Personal Anecdotes

Stories and personal anecdotes are powerful tools for connecting with the audience. They add a human touch, making your speech relatable and memorable. Incorporate relevant stories that illustrate your points, evoke emotions, and provide real-life examples. Authentic storytelling helps create a strong connection with your listeners.



Maintain Eye Contact

Establishing eye contact builds trust and engagement. Make an effort to connect with different individuals in the audience, maintaining eye contact as you speak. This fosters a sense of connection and involves the audience. Avoid fixating on one spot or constantly looking at notes or slides.

Utilize Body Language and Gestures

Effective body language enhances your presence and helps convey your message. Stand tall, maintain good posture, and use purposeful gestures to emphasize key points. Facial expressions should reflect the emotions you want to convey. Utilize confident and open body language to establish a solid and engaging presence.

Practice Active Listening

Public speaking is not just about speaking; it's also about listening. Pay attention to the audience's reactions, non-verbal cues, and feedback. Adjust your pace, tone, or content based on their responses. Active listening allows you to adapt and connect with the audience more effectively, fostering a two-way communication experience.

Embrace Mistakes and Learn from Them

Even the most seasoned speakers make mistakes. Accept them as chances for development and education. If you stumble or forget a point, take a deep breath, and continue with poise. Be authentic and genuine; the audience appreciates speakers who show vulnerability and resilience.

You can definitely improve your public speaking abilities with practice and the right strategies. By following these ten essential hacks, you can elevate your public speaking abilities and leave a lasting impact on your audience. Embrace the challenge, and you'll become a confident and influential communicator with time.



Welcome to TV6 Network, the premier hub that caters to all your entertainment needs. We take pride in being your ultimate destination, providing a comprehensive platform that goes beyond conventional television programming. At TV6, we curate a captivating assortment of shows and content that immerse you in the realms of lifestyle, business, fashion, and the latest trending topics.

Prepare yourself for an extraordinary journey as we transport you to a world brimming with inspiration, knowledge, and style. We believe in the power of media to shape our lives, and that's why we dedicate ourselves to exploring an extensive range of subjects that have a profound impact on our modern society.

Through our meticulously crafted programming, we aim to ignite your imagination, broaden your horizons, and empower you with valuable insights. Whether you're seeking guidance on personal development, the latest updates in the business world, or a sneak peek into the glamorous realm of fashion, TV6 Network has got you covered.

The logo for TV6 Network features the letters 'TV6' in a large, stylized font. The 'T' and 'V' are dark blue, while the '6' is a metallic silver with a 3D effect. Below this, the word 'NETWORK' is written in a smaller, black, sans-serif font with wide letter spacing.

TV6 NETWORK

Our lifestyle segment brings you a kaleidoscope of topics, from wellness and fitness to travel and home decor. We strive to provide practical tips, expert advice, and real-life stories that inspire positive changes in your everyday life.

In the realm of business, we delve into the strategies and success stories of influential entrepreneurs, offering a unique window into the corporate world. With exclusive interviews, behind-the-scenes glimpses, and expert analysis, we empower aspiring professionals and seasoned business leaders alike to thrive in an ever-evolving market.

Fashion enthusiasts are in for a treat as we unveil the latest trends, iconic designers, and captivating runway shows. From haute couture to street style, we celebrate the artistry and creativity that shape the ever-evolving fashion landscape.

And of course, we can't forget the trending topics dominating our collective conversations. Whether it's the latest technological advancements, cultural phenomena, or social movements, TV6 Network ensures you stay informed, engaged, and up-to-date.

At TV6 Network, we pride ourselves on offering a diverse range of shows that cater to your unique interests and passions. Each program is meticulously crafted to entertain, educate, and inspire you, ensuring an unforgettable viewing experience.



INTRODUCING Maria Singh

Maria Singh, a woman of extraordinary achievements and unwavering commitment to community service, has emerged as a beacon of inspiration and empowerment. Her remarkable journey, spanning continents and diverse roles, reflects a life dedicated to education, entrepreneurship, and community engagement.

Educational Pursuits in England

Maria embarked on her journey to knowledge by pursuing nursing studies in England for two years. This educational foundation laid the groundwork for her future endeavours in the healthcare sector.

Entrepreneurial Spirit and Leadership Roles

Upon arriving in Australia in 1979, Maria established a small business specializing in contract cleaning. Her entrepreneurial acumen and dedication led her to diverse leadership roles, including a supervisory position in cleaning services, a training officer in environmental services, and the management of a small hotel.

Versatile Career and Community Involvement

Maria's career path took an inspiring turn as she ventured into agency nursing on weekends, demonstrating her commitment to both healthcare and community welfare. Her multitasking abilities came to the forefront as she managed a small business specializing in selling gowns.

International Recognition

Maria Singh has earned accolades on the international stage, exemplifying her outstanding contributions and influence. She has been honoured as the "International Woman of the Year" by the Passci Association, a testament to her global impact and leadership.

Community and Family Acknowledgments

Her dedication to family and community has not gone unnoticed. Maria has been awarded "Mother of the Year" by the Agapi Pilipino Association, recognizing her nurturing spirit and commitment to familial bonds.

In addition, she has been crowned "Miss Valentine" by the Saksi Pilipino Association, "Miss Tarlac Philippines," and "Mother of the Year" by the Narra Pilipino Association. Maria Singh's community involvement also extends to her role as the 2nd runner-up in the Mrs. Tourism category.

Active Memberships

Maria is an esteemed member of the Sydney West Multicultural Pilipino Association, where her contributions have enriched the cultural tapestry of the community. She is also actively engaged in promoting inclusivity and understanding as a member of the Disability Multicultural Association.

Maria Singh's story is one of resilience, achievement, and dedication to community service. Her diverse experiences, both professionally and personally, serve as an inspiration to others aspiring to make a positive impact on the world.

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

Can you provide additional insights into who you are?

I am a motivated and resilient woman with a deep love for people and a passion for helping others. Additionally, I possess a creative mindset.

What aspirations do you hold for your future endeavours?

In the face of the myriad challenges and the sheer complexity that defines our world, there exists an audacious longing – a desire that extends beyond the boundaries of the ordinary. It is a wish imbued with the belief that, despite the chaos and intricacies of our global landscape, there lies an invaluable opportunity to engage with leaders who shape the destiny of nations. In essence, my wish to meet leaders around the world transcends the personal; it is a call for unity, collaboration, and the recognition that in our shared humanity, we hold the potential to overcome the challenges that confront us.

What guidance would you offer to the generations that follow?

Embrace challenges, Maintain a positive outlook consistently, Strive for success, always aiming to emerge victorious. I aspire to pass on my wisdom to my children, grandchildren, and all relatives worldwide, leaving a lasting impression so that I am remembered. Despite not being affluent, I have mastered the art of securing sponsorships.

Embracing challenges has been a cornerstone of my journey, allowing me to navigate the intricate tapestry of life with resilience and determination. Maintaining a perpetual positive outlook has been my compass, guiding me through various terrains and shaping my approach to adversity.

The perpetual desire to emerge victorious isn't just a fleeting aspiration for me; it's a mantra that echoes in every facet of my life. I firmly believe that adopting a winning mindset propels us toward success, fostering personal growth and the achievement of our goals.

One of my most cherished ambitions is to share the wealth of intelligence I've acquired throughout my experiences, leaving behind a legacy for my children, grandchildren, and all my relatives across the globe. It goes beyond material wealth; it's about imparting knowledge, insights, and life lessons that transcend generations.

While financial affluence may not have been a constant companion on my journey, I've learned the art of securing sponsors. This skill has empowered me to overcome financial constraints, enabling me to pursue my goals and dreams.

In essence, my life's journey has been a testament to the belief that embracing challenges, maintaining a positive mindset, and striving for victory are not just individual principles but a holistic approach to living.



“Embracing challenges has been a cornerstone of my journey, allowing me to navigate the intricate tapestry of life with resilience and determination.”

HOW TO TURN YOUR IDEA INTO AN EMPIRE

Are you an aspiring entrepreneur with a brilliant idea? Do you dream of turning that idea into a thriving empire? Get ready to be inspired as we uncover the secrets behind building an empire and discover how you can make your entrepreneurial dreams a reality.

Building a successful empire requires a combination of various factors that must be carefully orchestrated and executed with precision.

Success in this context implies the creation of a strong and dominant entity that commands influence and power in a given industry or sector. Building an empire takes time, dedication, and commitment, whether it is a business, a political entity, or an institution. Here are some of the critical elements that are necessary to build a successful empire.

Vision and Strategy

To build a successful empire, one must have a clear and well-articulated vision of what one wants to achieve. A vision acts as a guidepost and helps to set priorities and goals for the organization. Additionally, a sound strategy is essential to realize the vision. A good strategy involves analyzing market trends, identifying potential opportunities, and developing a plan to achieve the desired outcomes.

Leadership

A successful empire requires effective leadership. Leaders must be able to influence, motivate and lead their teams toward achieving the organization's vision and goals. Leaders must also be good communicators, able to clearly articulate the vision and strategy to stakeholders and employees, and make tough decisions when necessary.

Innovation and Adaptability

Innovation is a critical factor in building a successful empire. If you want to stay ahead of the competition, you must continuously innovate and develop new ideas and solutions. Empires that fail to innovate become stagnant and lose relevance in the market. Additionally, adaptability is essential as the business environment is constantly changing. Organizations must be able to adapt to new technologies, trends, and customer preferences to remain competitive.

Customer Focus

Building a successful empire requires a relentless focus on the customer. Customers are any business's lifeblood, and organizations must take that extra step to understand their needs, preferences, and expectations. Empires that fail to meet customer expectations risk losing market share to their competitors. Additionally, organizations must invest in customer service, ensuring customers are satisfied and their issues are resolved promptly.

Talent Management

An empire is only as good as its people. Organizations must invest in talent management, attracting and retaining top talent in their industry. Empires that fail to invest in talent risk losing key employees to their competitors. Additionally, organizations must provide a conducive work environment, promote work-life balance, and offer competitive compensation and benefits packages.

Financial Management

Building a successful empire requires sound financial management. Organizations must clearly understand their financials, including revenue, expenses, and cash flow. Additionally, organizations must invest in financial planning and forecasting to ensure they remain financially stable and weather economic downturns. Empires that fail to manage their finances risk bankruptcy and collapse.

In conclusion, building a successful empire is a complex and challenging process requiring various factors. Vision and strategy, effective leadership, innovation and adaptability, customer focus, talent management, and financial management are essential to any successful empire. Additionally, persistence, hard work, and dedication are crucial for success. Building an empire is a long-term endeavor that requires patience and a willingness to learn from mistakes.

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