

## MODELING AFTERSCHOOL WORKSHOP

Having modeled for just over 15 years, I was never one to keep magazines around the house; it was just a constant reminder of having to keep on top of my game. After having my two little girls, a friend included me in her subscription – one of those ‘send a free gift’ offers.

As I thumbed through the magazine, I subconsciously pulled in my stomach, ran my hand over my hair, and thought to myself, ‘I need to bleach my teeth about 3 shades’. When I realized what I was doing, I shook my head. That’s when it occurred to me – if *I* know that it took a crew of at least 6 people to get the model to look like this, plus a graphic artist to retouch the image, how does the person who *doesn’t* know this feel? How does a little girl feel when she sees that image and looks in the mirror?

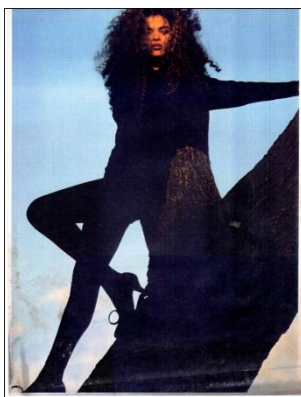
There is a fascination about the world of Modeling, and, it seems to be shrouded in mystery. Apart from the occasional supermodel that is featured in the celebrity gossip column, or the super expensive modeling franchise school, there is nobody to go to for a straight answer to the many questions parents and kids have. Who is that girl on the magazine page? How did she get there? What do I need to do to that?

There is a whole world that surrounds the model, which she has to find her way through. It is tangled and complex, and filled with many obstacles and abstracts as there are people and their issues. There is an inner strength and focus that develops over time the longer a model is in the business. There is an awareness of self that is necessary as a matter of survival. The model has to be confident in the face of rejection; positive, in negative conditions; cool in the hottest of conditions; comfortable in the worlds of others; fearless in the face of the unknown.

In a world where anything and everything goes, where so many have a say in your destiny and fortune, the successful model lives by the motto: ‘To thine own self be true’.

These days, young women don’t have that much time to ‘find themselves’ before they find themselves in situations where parents or guardians are not there to guide them. Young women and young models are thrown into a world where they must learn to survive on all levels.

Preparing to model involves dealing with situations that clear away the naiveté of human relationships and goal seeking, and, equips girls with the tools they need to understand what dress, behavior, attitude, and etiquette is appropriate for different situations.



Girls will work on:

- The reasons why it is important for the model to protect her image – how this relates to confidence and integrity in day to day living; why different looks are invaluable to the industry - how this relates to why each of their unique looks and personality are important and should be appreciated; why successful models create their own style of beauty – how this relates to finding their own sense of style; trustworthiness – and why this is so important for a models career; images portrayed in the media - and what it takes for a model to be transformed; how models stay prepared at all times for bookings by maintaining a certain level of grooming and hygiene at all times;
- Various confidence skills associated with carriage and etiquette; being knowledgeable about what type of behavior is expected in certain situations, e.g.: entering a room, sitting graciously, dining formally and informally. Expressing appreciation via thank you notes, email, phone calls, when and which situations each may be appropriate, how to get the right type of attention in public.
- How to be a welcome houseguest, how to prepare for guests, how to be a good hostess.
- Modeling skills: runway vs. being on ‘set’, couture vs. garden ‘tea party’ style fashion shows, how to work the runway alone and in groups.