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EDITOR'S NOTES

Welcome to the latest issue of Model & Mode Magazine, where we dive deep into the ever-evolving world of fashion and modelling. This edition is packed with inspiration, guidance, and insider knowledge for both aspiring and established models. We begin with offering practical steps for those ready to take their first leap. Our cover story shines a spotlight on rising talent, Myra Sharp, while 2025 Modelling Trends and Beyond the Runway reveal what designers expect and how models prepare for Fashion Week. Rounding out this issue, we reflect on beauty standards past and present, and share essential industry skincare tips. We invite you to immerse yourself in these pages, to be informed, inspired, and challenged as we continue to chart the dynamic future of modelling.

> Maryrose S. Editor-In-Chief

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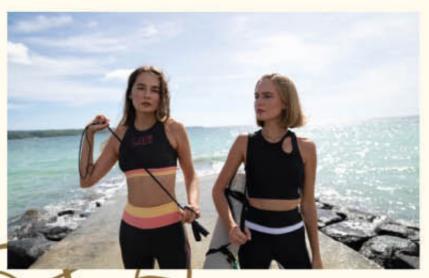
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Experience the Perfect Fusion of Style and Performance with LARi Active

Since its launch in 2020, LARI Active has been transforming Melbourne's activewear scene by blending fashion with function. Inspired by the Indonesian word for 'run,' LARI embodies a spirit of movement and elegance, reshaping how we experience activewear.







Conceived during the challenging times of the pandemic, LARi is the brainchild of four determined working mothers. After dedicating 1.5 years to perfecting every detail—from design to execution—their mission was clear: to create versatile, stylish activewear that meets the demands of modern life while offering unmatched comfort and performance.

LARI effortlessly bridges the gap between workout gear and everyday wear, ensuring you look and feel your best no matter where the day takes you. Each piece is designed with cutting-edge technology, offering maximum comfort without sacrificing style.

Our collection features a stunning mix of bold hues and timeless neutrals, catering to a variety of tastes and activities. Whether you're hitting the gym, flowing through yoga poses, or enjoying a casual coffee catch-up, LARi seamlessly fits into your lifestyle.

Join us in redefining activewear. Discover the confidence, freedom, and style that each LARi piece provides—designed to empower you every step of the way.





BREAKING INTO THE

A Beginner's Guide for Aspiring Models

For many, the world of modelling seems glamorous and untouchable - runways, flashing cameras, and glossy magazine covers. But behind every polished image is a journey of persistence, preparation, and professionalism. Breaking into the modelling industry may feel daunting, but with the right mindset and strategy, aspiring models can carve a

1. Understand the Industry

The modelling world is diverse, spanning runway, editorial, commercial, catalogue, and even digital modelling. Each sector values different qualities - high fashion may prioritise height and striking features, while commercial modelling focuses more on relatability and approachability. Researching these niches helps you identify where you best fit.

2. Build a Simple Portfolio

You don't need expensive photo shoots to start. A basic portfolio with clear, high-resolution images is enough in the beginning. Agencies prefer natural looks - minimal makeup, clean outfits, and shots that highlight your features. As you grow, you can invest in professional test shoots to refine your portfolio.

3. Approach Agencies Professionally

Reputable agencies remain the most reliable way into the industry. Submit your portfolio directly through their websites or attend open calls when available. Be cautious of scams - legitimate agencies don't ask for large upfront payments. Always check their track record and current roster of models.

4. Develop Professional Skills

Modelling is more than just looking good in photos. Punctuality, adaptability, and confidence are essential. Practice posing in front of a mirror, learn basic runway walks, and familiarise yourself with industry terminology. Many successful models also train in acting, dance, or public speaking to broaden their skillset.

5. Build Your Presence

In today's digital age, social media is a powerful tool. Platforms like Instagram and TikTok give aspiring models a chance to showcase their look and personality directly to brands and agencies. However, professionalism is key - treat your profile like an extension of

6. Stay Resilient

Perhaps the most important trait is resilience. Rejection is part of the process, and even top models faced years of "no" before their big break. Staying consistent, open to feedback, and committed to self-improvement will set you apart.

Breaking into modelling isn't an overnight success story - it's a journey of patience, self-belief, and hard work. For those willing to commit, the industry offers not only opportunities but also the chance to inspire, create, and leave a mark on fashion history.





REVIEW: GRAND MULTICULTURAL ENTERTAINMENT FESTIVAL

The Grand Multicultural Entertainment Festival 2025 lit up Sydney with a spectacular showcase of colour, glamour, and cultural pride. Organised by StarCentral Media Group and Flagcom in collaboration with Global Elite Media Group, MS Entertainment Network, RGEM Promotions & Management, and other partners, the festival united models, performers, designers, and beauty queens in a dazzling celebration of multicultural Australia.

The programme opened with a Fantasy Theme runway, where models like Grace, Avayiah, Reeha, Oriana, Zara G, Winter, Chloe, Milan, Kathy, and Ebony led the charge, followed by a strong and diverse lineup including Paisley, Yazmane, Christine, Genevieve, Isabella, Tenneysee, Qyinlan, Stella, Billy, Bentley, Cataleya, Sofia, Mufaro, Aita, Zoe, Pearl, Zara, Myra, Valentina, Bryleigh, Dominique, Neha, Rena, Amadeus, Alexis, Luana, Emmy, Aaliyah Rose, Abbey and Ashley brought dreamlike visions to life. A larger lineup of emerging talents followed, each demonstrating individuality and strength. The Hollywood Glam segment then brought classic elegance to the stage, as models embodied the timeless charm of Tinsel-

The Parade of Beauty Queens, Princes, and Princesses added a regal highlight, showcasing grace, resilience, and inclusivity, while redefining modern beauty through cultural representation. Cover ModelQuest 2025 further elevated the event with standout segments, including Swimwear featuring VenEyes 3D eyewear and Designer Wear by Anya Hurwood and Mr. Gino-O. The competition concluded with Amadeus and Angelica crowned as Male and Female Winners, recognised for their charisma and potential.

Live performances from singers Janie Kogan and Abbey Hammond infused the festival with soul, providing an artistic soundtrack to the celebration.

Another major highlight was the StarCentral Media Group Cover Stars Parade, which honoured individuals featured on StarCentral, Model & Mode, InLife International, and MoneyCentral magazines. Notable honourees included Emmy, Emman, Victoria, Mufaro, Kathy, Avayiah, Grace, Jupiter, Paola, and Natarsha — each embodying the future of the media, fashion, and creative industries.

The festival was more than an event; it was a movement that brought people of all ages and backgrounds together in unity and celebration. Through fashion, performance, and pageantry, it delivered a clear message: diversity is not only to be recognised but celebrated. With its commitment to inclusivity and creativity, the Grand Multicultural Entertainment Festival 2025 affirmed that the future of Australia's fashion and entertainment scene is vibrant, inspiring, and truly multicultural.











THE RISE OF DIGITAL MODELLING

HOW SOCIAL MEDIA CREATES THE NEXT SUPERSTARS

Once upon a time, the path to becoming a model was narrow, rigid, and often out of reach for many. Aspiring talents would walk into agency offices with printed portfolios, hoping to be signed and eventually land magazine spreads or runway shows. While agencies remain influential, the modelling industry has undergone a seismic transformation. Thanks to social media. particularly platforms like Instagram, TikTok, and YouTube, the definition of a "supermodel" has evolved. Today, digital modelling is breaking down barriers, democratising opportunities, and creating a new generation of stars who are as comfortable behind a smartphone camera as they are under studio lights.

From Agencies to Algorithms

In the past, modelling careers relied heavily on agency representation and industry gatekeepers. Casting directors, fashion editors, and photographers decided who would rise to the top. Today, algorithms often play that role. A viral TikTok clip or an Instagram post shared thousands of times can propel an unknown model into overnight fame.

For instance, brands no longer look solely at physical measurements or editorial experience. They seek relatability, personal branding, and online reach. A model with a strong following demonstrates not only aesthetic appeal but also the power to influence and drive consumer engagement. In short, models have become both the face and the marketing engine of

Democratizing Beauty Standards

One of the most significant impacts of digital modelling is the expansion of beauty standards. Traditional modelling often favoured tall, slender figures and Eurocentric features. Social media, however, celebrates diversity in all forms — body positivity, skin tones, cultural backgrounds, gender expressions, and

This shift has opened the industry to talents who may have once been excluded. Models like Ashley Graham and Winnie Harlow broke through in traditional settings, but social media has multiplied these opportunities. Everyday creators who embrace authenticity can now build platforms and influence the fashion industry without conforming to narrow ideals.

Building a Digital Portfolio

Instead of expensive test shoots, aspiring models today can start with a smartphone and good lighting, Instagram grids act as digital portfolios, showcasing versatility through portraits, lifestyle shots, and collaborations. TikTok adds motion, personality, and storytelling — traits increasingly valued by brands seeking authentic connections with audiences.

A digital portfolio also allows aspiring models to experiment with style, branding, and engagement strategies. Consistent posting, clever use of hashtags, and interactive stories foster audience growth and attract brand attention. This self-directed approach empowers models to control their narrative rather than waiting for industry validation.

The Role of Influencers

The line between model and influencer has blurred. Many of today's top digital models are also lifestyle influencers, sharing not only fashion content but also personal stories, beauty routines, travel, and fitness. This holistic connection makes them more relatable, fostering trust with their

Brands capitalise on this by selecting models who embody a lifestyle aligned with their products. For instance, a swimwear brand may prefer a model with an engaged following who regularly posts beachside content. This synergy creates campaigns that feel organic rather than forced, increasing their effectiveness.

Global Reach and Accessibility

One of the most exciting aspects of digital modelling is its global accessibility. A model in Sydney can attract clients in New York, Milan, or Tokyo without leaving home. Virtual castings and online collaborations have made international opportunities more attainable than ever before.

This accessibility also reduces financial barriers. In the past, models often had to relocate to fashion capitals, paying steep agency fees, accommodation costs, and travel expenses. Today, digital platforms allow models to showcase their talent globally with minimal upfront investment.

Case Studies: From Social Media to Stardom

Several high-profile models began their careers online. Gigi Hadid and Kendall Jenner, while already connected to fame, used Instagram to solidify their modelling brands and attract designers, Meanwhile, models like Alton Mason and Paloma Elsesser rose to prominence through digital platforms that highlighted their individuality and activism.

Beyond established names, countless micro-influencers have transitioned into modelling careers. These individuals may not have millions of followers, but their niche communities provide highly engaged audiences that brands value. In fact, micro-models often land lucrative partnerships because their authenticity drives higher conversion rates than mega-influencers.



Challenges in the Digital Age

While digital modelling has opened doors, it also brings challenges. The constant pressure to post, maintain engagement, and stay relevant can be mentally exhausting. Models must navigate online criticism, trolling, and unrealistic comparisons.

Moreover, not all opportunities are legitimate. The rise of digital modelling has also led to scams, with some "agencies" exploiting aspiring models by charging fees for exposure. Awareness and research are crucial to protect new talents entering the space.

Another challenge is oversaturation. With millions of aspiring models online, standing out requires strategic branding, consistency, and sometimes sheer luck in going viral. Those who succeed often treat their modelling careers as entrepreneurial ventures, carefully curating content and analysing data to refine their approach.

The Future: Hybrid Models

Looking ahead, the future of modelling is likely to blend digital and traditional avenues. High-fashion houses continue to rely on runway models for their shows, but they increasingly scout talent through social media. Virtual reality and Al-generated models are also emerging, adding new dimensions to the industry.

However, one truth remains clear: authenticity wins. Audiences gravitate toward models who present real, unfiltered aspects of their lives. As the industry evolves, the ability to connect on a human level will remain the ultimate currency of influence.

Tips for Aspiring Digital Models

For those hoping to break into the industry, here are a few essential strategies:

Define Your Brand: Decide what style, message, or niche you want to represent. Consistency builds recognition.

Invest in Quality Content: Good lighting and clear imagery make a big difference. You don't need expensive equipment, but effort shows.

Engage Authentically: Reply to comments, collaborate with others, and show your personality. Audiences value connection.

Stay Professional: Treat your social media like a business portfolio. Brands look for reliability and professionalism.

Prioritise Wellbeing: Social media can be demanding — set boundaries, take breaks, and seek support when needed.

Conclusion

The rise of digital modelling has rewritten the rules of the fashion industry. Social media has democratised opportunities, expanded beauty standards, and given rise to a new generation of superstars who are both models and entrepreneurs.

For aspiring talents, the message is empowering: you no longer need to wait for industry gatekeepers to discover you. With creativity, consistency, and authenticity, your digital presence can open doors to the global stage.

The modelling industry may still cherish its runways and glossy covers, but the future belongs to those who can navigate the digital landscape. The next supermodel may not be discovered at a casting call — but on your Instagram feed.



Modelling Trends

WHAT DESIGNERS AND BRANDS ARE LOOKING FOR

As fashion continues to evolve, so too does the modelling industry. The days when designers sought only a specific look or body type are long gone. In 2025, the landscape is defined by diversity, inclusivity, and innovation. Brands are no longer searching just for a face to wear their designs — they are looking for storytellers, advocates, and digital-savvy personalities who can connect with audiences in meaningful ways.

Diversity Beyond the Runway

Representation has been building momentum for several years, but 2025 cements diversity as the standard, not the exception. Designers are embracing models of all body types, ages, genders, and cultural backgrounds. The industry has finally recognised that consumers want to see themselves reflected in campaigns and runways. Expect to see more curve, petite, mature, and transgender models taking centre stage, reshaping the definition of beauty and normalising inclusivity across all platforms.

Authenticity Over Perfection

Polished perfection is no longer the goal. Brands are gravitating towards models who project authenticity and relatability. Freckles, scars, natural hair textures, and minimal retouching are being celebrated as markers of individuality. In a world increasingly dominated by digital filters and Al-generated imagery, realness has become a refreshing point of difference. Designers want models who embody the values of honesty and self-acceptance.

The Power of Digital Presence

Social media continues to play a defining role in modelling, In 2025, a strong online presence is almost as valuable as a striking runway walk. Brands are scouting models who can influence beyond the catwalk — those who engage authentically with their followers, create lifestyle-driven content, and align seamlessly with brand identities. TikTok, Instagram, and emerging platforms have become critical tools for models to build careers, with designers prioritising those who can bridge fashion with digital storytelling.

Eco-Conscious Voices

Sustainability is now at the heart of fashion, and brands are seeking models who share that ethos. Many designers are collaborating with models who advocate for eco-friendly practices, whether through personal platforms or lifestyle choices. Models who can embody and promote sustainable fashion not only represent the clothes but also amplify the movement towards a greener industry.

Hybrid Skills and Versatility

In 2025, models are expected to be multi-faceted. Designers and brands favour individuals who can adapt across multiple mediums: print, runway, digital campaigns, and even virtual modelling. With the rise of augmented and virtual reality fashion shows, versatility has become a key asset. Models who can merge traditional skills with digital fluency stand out in a competitive market.

Conclusion

The modelling trends of 2025 reflect a profound shift in what the industry values. Diversity, authenticity, digital influence, sustainability, and versatility are shaping the next generation of fashion icons. For aspiring models, the message is clear: it's not just about fitting into clothes — it's about embodying values, telling stories, and forging connections. Designers are no longer seeking mannequins but modern-day muses who reflect the world as it truly is.

MODELLING



At just 11 years old, Myra Sharp is already proving that age is no barrier when it comes to style, ambition, and a flair for the spotlight. With high school on the horizon, this bright young talent is balancing school, friendships, fashion, and even her own business with grace and confidence—making her one to watch in Australia's next generation of trendsetters.

From the very beginning. Myra has embraced creativity in every form. Whether it's experimenting with make-up and skincare, drawing, singing, or dancing, she finds endless joy in self-expression. Her love for glamming up her outfits is undeniable—every ensemble is thoughtfully styled, reflecting both her personality and her playful take on fashion. "I just love dressing up," she admits with a smile. "It makes me feel confident and happy."

But Myra is far more than a budding fashionista. Earlier this year, she launched her own hobby business, crafting beautifully scented candles that have quickly become a hit. What began as a passion project has evolved into a thriving little brand, with her creations in high demand. Her vision? To save her earnings for something remarkable—her first home. It's an ambitious goal for someone so young, but Myra is proving that determination is part of her DNA.

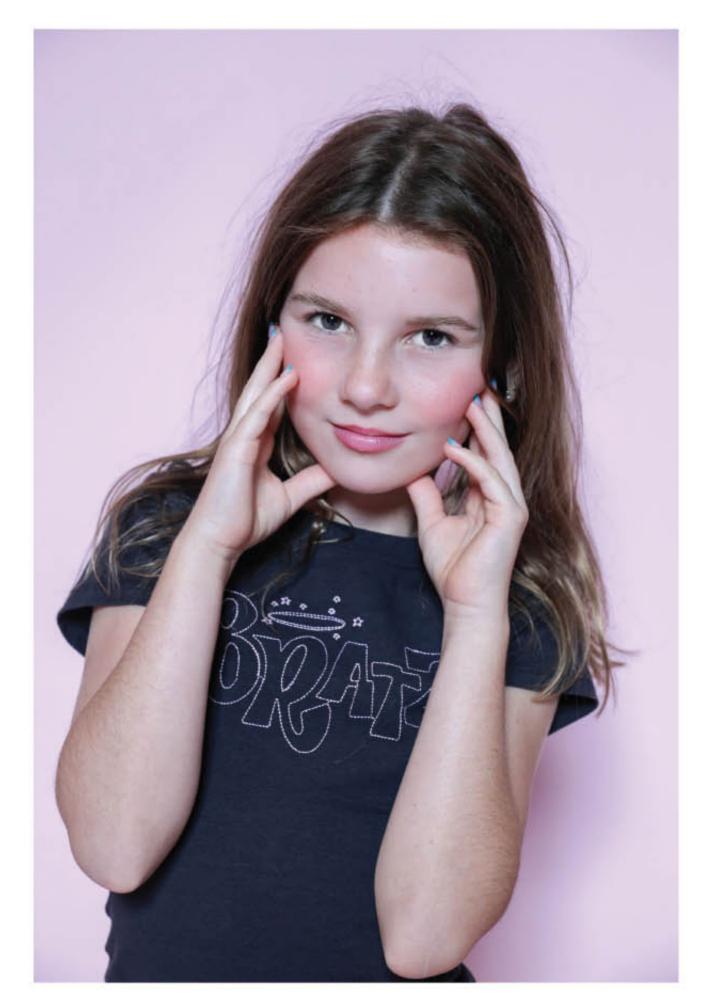
Nature also plays a key role in her world. Whether she's swimming at the beach, relaxing by the lake, or simply appreciating the beauty of the outdoors, Myra feels inspired by Mother Nature in all her forms. This balance between the glamour of fashion and the grounding influence of nature gives her a unique perspective that shines through in everything she does.

Her love for style has already seen her take on the runway, walking at Melbourne Kidz Fashion Week, where she lit up the stage with confidence and charisma. She has also been a finalist as well as a major sponsor of Dreams To Reality Runway, further showcasing her commitment to supporting and engaging with the fashion industry

Behind the glittering achievements, Myra remains a fun-loving pre-teen who cherishes her friendships and shares a special bond with her twin brother. But when the lights hit the runway, she transforms into a confident young star with all the makings of a future icon. With a thriving business, a natural flair for fashion, and an undeniable presence both on and off the runway, Myra Sharp is not just a name to remember—she's a future powerhouse in the making. Aspiring to become a paid model, she continues to build her portfolio and gain valuable experience. As she prepares to step into high school, one thing is certain; her journey is only just beginning.

COVER







BEYOND WILLIAM BEYOND

How Models Prepare for Fashion Week

Fashion Week is one of the most anticipated events in the industry — a whirtwind of lights, cameras, and glamour. Yet, for the models walking the runway, what audiences see is only the polished surface of weeks, and sometimes months, of preparation. Behind the scenes lies a world of discipline, resilience, and detail that ensures every step on the catwalk looks effortless.

Physical Preparation

The runway demands more than just wearing clothes — it requires stamina, poise, and presence. In the lead-up to Fashion Week, many models adopt fitness routines designed to enhance posture and endurance. Yoga, Pilates, and strength training are common, as they build core stability and balance, both vital for walking confidently in towering heels or elaborate outfits. Skincare also becomes a top priority. Hydration, professional facials, and consistent routines ensure a radiant complexion that can withstand heavy makeup and harsh lighting.

Mental Readiness

The pressure of Fashion Week can be intense, with long rehearsals, casting calls, and constant scrutiny. Mental preparation is therefore just as important as physical. Models often practise mindfulness, meditation, or journaling to stay grounded during the chaos. Confidence is key — a strong mindset allows models to handle rejection, last-minute changes, or wardrobe malfunctions without faltering on stage.

The Rehearsal Grind

Behind closed doors, rehearsals are where the magic begins. Models learn the designer's vision, practise walking in sequence, and perfect timing to match music cues. Each show has its own rhythm and mood, and models must adapt their walk accordingly — from bold and powerful strides to soft and ethereal movements. Fittings are another crucial step, ensuring each garment fits flawlessly and can be adjusted for quick backstage changes.

Backstage Rituals

Backstage at Fashion Week is organised chaos — racks of clothing, stylists rushing, and makeup artists working under tight deadlines. Models prepare by arriving early, bringing essentials like water, healthy snacks, and comfortable clothing for downtime. Many also rely on personal rituals: listening to music, stretching, or practising breathing techniques to calm nerves before stepping onto the runway.

Balancing Work and Wellbeing

With multiple shows packed into a short timeframe, models often juggle tight schedules, little sleep, and frequent travel. Maintaining wellbeing is critical. Nutrition plays a role, with many focusing on balanced meals for sustained energy. Adequate rest between shows and self-care practices like massages or downtime with friends help them recharge amidst the intensity.

Conclusion

While audiences marvel at the glamour of Fashion Week, the true story lies in the preparation. Every flawless walk is the result of weeks of physical training, mental focus, rehearsals, and backstage rituals. Models are not just showcasing clothes — they are embodying the designer's vision with strength and grace. Behind the runway, the preparation is demanding, but it's this unseen dedication that transforms Fashion Week into an unforgettable spectacle.



Then vs. Now

The Evolution of Beauty Standards in Modelling

The modelling industry has always mirrored society's perception of beauty — but those ideals have shifted dramatically over the decades. From the rigid, exclusive standards of the past to the inclusive and diverse visions of today, beauty in modelling has evolved into something far more dynamic and representative of the real world.

Then: The Age of Uniformity

In the mid-20th century, beauty standards in modelling were narrow and highly prescriptive. The 1950s favoured curvaceous, feminine figures inspired by icons like Marilyn Monroe. By the 1960s, the pendulum swung to the opposite extreme with Twiggy, whose slender frame and youthful features set the tone for decades of preference towards tall, thin models.

The 1980s and 1990s ushered in the "supermodel era," dominated by names like Naomi Campbell, Cindy Crawford, and Claudia Schiffer, While these models embodied glamour and power, the industry still largely adhered to Eurocentric beauty ideals, prioritising height, size zero bodies, and symmetrical features. Models outside of this mould often struggled to find representation or apportunities.

Now: Diversity and Authenticity

Today, the modelling industry has broken away from uniformity and embraced a far wider spectrum of beauty, Designers, brands, and consumers alike are demanding representation that reflects reality. Models of varying body types, skin tones, ages, genders, and abilities are now celebrated on global runways and campaigns.

The rise of plus-size icons like Ashley Graham, the visibility of models with vitiligo such as Winnie Harlow, and the inclusion of transgender and non-binary models highlight the industry's shift toward inclusivity. Age is no longer a barrier either, with older models redefining what it means to be stylish and aspirational. Social media has also amplified this change, giving voice and visibility to individuals who may never have been recognised under traditional standards.

The Driving Forces of Change

Several factors have contributed to this transformation, Cultural shifts towards body positivity and self-acceptance have pressured brands to move beyond tokenism and adopt authentic diversity. At the same time, consumers, especially younger generations, value authenticity and representation, making inclusivity not just a social responsibility but also a business necessity.

Technology has also played a role. Social media platforms allow models to build their own audiences, bypassing traditional gatekeepers. This has opened the industry to fresh faces who represent a broader definition of beauty.

Conclusion

The evolution of beauty standards in modelling reveals a powerful cultural shift — from rigid exclusivity to authentic inclusivity. While the past often celebrated a narrow image of perfection, today's industry embraces individuality and uniqueness. Beauty is no longer defined by one look, but by confidence, character, and diversity.

The modelling world of today not only reflects society's changing ideals but also plays a key role in shaping them. And as the industry continues to evolve, one thing is clear; beauty has never been more diverse, inclusive, and inspiring than it is now.



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