

Beat: Lifestyle

## AUSTRALIAN MODEL BEST IN USA

### ELISE NATALIE DUNCAN ADVICE TO MODELS

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**USPA NEWS** - From the tiny heritage listed town of Mt Eliza founded in the early 1800's by the wife of Australian Pioneer and explorer John Bateman and well known for its Bingo competitions, sailing club and lawn bowls comes one of Victoria's biggest exports to the USA . Elise Natalie Duncan

Fashion , swimwear model and actor Elise Natalie Duncan. In an exclusive interview with USPA24 she explains why the move to global exposure was the best thing she ever did and reveals some deep secrets , beliefs and goals.

"I moved around a lot when I was growing up between Melbourne and Perth, which is the reason I don't like staying in one place too long. My sights are set on moving to California in the upcoming year, as I spend a lot of my time over there modelling and want to pursue acting." Said Duncan .

Model Duncan has featured in a number of international magazines this year including the cover of The Blur , Elements, Natural Bikini and Kandy where she featured as "'Krush of the Month' for June issue making her one of the most sought after Bikini Models in Australia . Duncan won "' Miss Tropic Beauty International Model Search 2015' in Las Vegas representing Australia, where she competed against 100 of the sexiest models from around the world.

I asked Duncan how excited she was to be the overall winner? "I was blessed to receive five awards during the incredible experience including a walk in role on a new TV series from the producer of Full House and two modelling campaigns."

Duncan's resume includes being selected to feature on Bikini Destinations TV in Riviera Maya, Mexico and selected as BikiniTeamTV.com's "'Model of the Month' in March this year. "My BikiniTeamTV feature resulted in a few articles being released including a feature on Bro Bible and as Fox Sports "'Fox-y Lady of the Day'." Smiled Duncan. "Last year I was the host and face of a Couture Fashion Show in New York, where I interviewed models, designers and celebrity guests on the runway, red carpet and backstage." Duncan has played lead roles in three Australia short films in the last 12 months and also been involved in a number of television commercials as both spokesmodel and brand ambassador soon to be aired.

I asked the bubbly 20 year old to tell me about the five things she can't live without... Her reply;

Family and friends would be the top of my list followed by adventures and exercise to help me to keep my mind active and focused.

Thirdly comes kickboxing, my absolute favourite way to keep fit.

Number four would be visiting a beautiful beach nearby to go for a peaceful walk, swim or run.

Finally number five- I couldn't live without either chocolate or coffee, please don't make me choose between them." smiled Duncan.

When it comes to music I had to ask this captivating soul what she loves and surprisingly what her favourite song is to belt out at the bar, in the car, for karaoke or in the shower? "I love "Cheerleader" by OMI. It's positive and upbeat vibe makes singing and dancing to it irresistible no matter where I am. The background story behind the song becoming a top hit is a truly beautiful one and just shows that you should never give up on your passions and dreams and always encourage your friends and family to discover theirs."

When asked about her belief in life's values she replied , "I believe in the law of attraction and the power of positive thinking. If you believe it you can manifest it into your life and be or achieve anything you want to." Clearly she is a believer in the teachings of author and motivational speaker Dr Norman Vincent Peale.

With success comes responsibility, have you experienced haters, social media stalkers or trolls and how have you coped?

"Yes of course I have, but even the average person does these days. It is just a matter of monitoring my social media accounts and making sure any concerning activity is blocked. There are a lot of people out there who try and create pages with your modelling photos too - luckily I have good friends who stumble across them, bring them to my awareness and report the pages on my behalf."

If you were to offer advice to someone new to modelling what would you say? "I would say perseverance and hard-work are crucial to a career in modelling. You have to learn to be thick-skinned and handle criticisms to grow and develop. Always be entrepreneurial, be prepared for rejection and find your niche to creatively brand yourself. If you start out through creating a portfolio, invest in a

photographer who can best showcase your talent as a model. If anything, having a great portfolio is one of the most important factors to consider when launching your career."

You have an amazing portfolio you ever get nervous in front of a camera? "Surprisingly it is one of the places I feel most comfortable, relaxed and at ease. For me it is about being creative and expressing myself, so even if there was a crowd watching I don't really see the crowd, my focus is on working with the photographer and creating results." . I imagine you get many photographers (many amateurs) asking you to work with them for free. What advice would you give to a young model starting up and what safety advice can you give? If you do want to consider working for free to start with I would definitely look at the photographers work and make sure their work is of an acceptable standard and can add value to your portfolio. Look into models the photographer has worked with before, contact the models and ask for their advice. If the models recommend the photographer always bring a friend or family member to your photo shoot, as you can never be too safe."

Are there certain "Do Not Do" rules as a model starting a career? "I would always advise models to put value on the work that they do. If you do want to create a career from it eventually there comes a point where you have to stop doing work for free and begin charging for your time. Don't undervalue what you do, no one will take you seriously unless you take yourself seriously and charge for your work."

What achievements have you done lately as a model? "I recently featured in a fashion campaign for an Australian company that is housing two international designers "" Piccione Piccione and Paolo Errico. I will also be heading to Los Angeles for photographic campaigns in October and I have been invited as a VIP guest at an International swimsuit pageant in Punta Cana, Dominican Republic. Make sure you follow me on my social media pages to see the latest; I love sharing my adventures and experiences with my followers."

Where do you see yourself in five years? "I definitely see myself in California, or based somewhere I love in America near the coast. I would love to have my own travel television show and be the host of the show, after I've gained experience with other hosting opportunities. I see myself in the acting space as well, with either a regular spot on a television series or possibly a role in a 'Blockbuster Action Movie'. I have spent the last year focusing on developing and honing my skill sets in both acting and hosting. I don't believe anything is impossible in life, so I am going for every single opportunity I can and making the most of life." said Duncan. What an amazing person to spend time with and a woman with a wealth of knowledge and experience. A graduate of business and accounting, a sharp refined attitude to life. We all wish her the best in all that she does. A girl from the small historic town of Mt Eliza , Victoria has had a very powerful impact to millions of models.... Success attracts Success and this is one Australian model attracting a plethora of success from all corners of the world. Kate Moss once said,"I was 14 when I started modeling. At the end of that first day my mum said, If you want to do this, you're on your own because I'm not traipsing around London ever again like that. It's a nightmare."...Namaste

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