

Beat: Lifestyle

## Annalise Monson Australian Supermodel

### Focused on Success to Help Others

Sydney , Australia, 22.11.2017, 11:17 Time

**USPA NEWS** - Annalise Monson the unstoppable Tasmanian dairy farmer of just 18 is taking a much needed break from rural life where she studies as a beauty therapist to pursue her dreams of becoming the next 'Australian Supermodel of the Year' "With new opportunities there comes responsibilities and I hope to use this title if I win as a platform with a strong passion to helping others around the world who suffer as I did with anxiety, depression and bullying as I grew up." Said Monson.

Monson spoke passionately overcoming adversity and I pushed further asking more and more questions about her personal experiences with depression and social media bullying. I asked If she still has bouts of anxiety being a public figure she said "yes i do, I have for five years now. Modelling has really helped me overcome most of my fears like stage fright and public speaking. Even now doing amazing things like raising money for charities such as 'Make-A-Wish Australia', I still have major anxiety but pushing through it knowing I can make a positive change in another persons life motivates me more to overcome my fears. I refuse to allow my fears get in the way of helping others," smiled Monson.

"What do you do when you see bullying on social media or in public have you intervened where others wont" I asked Monson who said ... "Now this is a tough subject. if I see bullying unfolding on social media I try my ultimate best to not make the problem worse by getting involved but what I do is message the person being targeted and let them know I've been in the exact same boat. I explain even though I am a stranger I am always going to be here for help or even just someone to talk to. Knowing someone is there when you're being targeted by bullies honestly means the world to someone. I use my personal experiences and give advice and support to others in anyway i can even if i don't know them".

How have you developed personally from working in the pageant circle and who has been your biggest supporter?

"By having support of others is a massive help in this industry. I have discovered you 'HAVE' to be original, don't try and copy someone. If you have a role model, don't copy them with how they look and how they talk, use their story to motivate you to be the best you can be. Being yourself is what makes you a winner. Take Princess Lady Diana for example, she was a 'Royal' but dedicated her power to helping others. Don't try to become famous just for fame become a better person by dedicating your life to helping others and you will be noticed. Use your power for good", explained Monson who went on to say..."My biggest supporter is my mother and father, no matter where I go or what I choose they have always supported me. I am so thankful to them both".

I asked this vivacious model, " If you had a magic wand and three wishes to change the world what would they be?"

"NO more WAR between countries and people, NO more animal cruelty and NO more starvation in underdeveloped countries, help underdeveloped countries develop".

Finally I got to ask her about her passion and focus on her latest goal and what it would mean to you to win Miss Supermodel of the Year 2017?

"If I won the 'Australian Supermodel of the Year' title it would mean more to me than words can describe. Being able to do what I love and being able to have my voice heard to help others would change my life even more than being involved in this event already has." Said Monson.

Author and Motivator Dr Norman Vincent Peal once said..." Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

I believe there is an amazing future for young women all over Australia who use organizations and events such as Australian Supermodel of the Year to raise public awareness of their goals , struggles and what they do to overcome adversity.

"To encourage boys and girls of all ages and race to follow their dreams no matter how many times someone says you can't." - Annalise Monson Australian Supermodel Of The Year entrant 2017.

**Article online:**

<https://www.uspa24.com/bericht-12444/annalise-monson-australian-supermodel.html>

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