

My experience at Caryn International was very good. My instructor De Anne was very informative and showed her passion *for* her career as a model. I learned from her that the modeling business is not just about the make-up and the clothes, you have to be able to carry yourself to. You have to feel confident about yourself. *From* this I have changed my personality. De Anne gave us a homework assignment where we had to change our negative thoughts that we had to positive. That was a very good experience for me because I never realized that I did think that negatively. So I decided to change that. I also learned a lot about how to maintain being a model. I learned a lot about nutrition. I found out why my face was breaking out so much and to eat more protein to stop it. I found out what make-up to use and that in this business its best to look more natural. I learned that I needed to clean out my closet. The whole time being at Caryn International I learned that I just need to me and treat others the way I would want to be treated in this business. I loved it.

By: Elve Bartels 16 Yz years old