

Addressing Industry Pressures: My Model Therapy Launches Podcast Series with Panel Discussion on Building Confidence



New York City, New York Apr 24, 2023 ([Issuewire.com](https://www.issuewire.com)) - [Shereena Delgado](#), founder, and curator of [My Model Therapy](#), hosted a large **Launch Party & Panel Discussion** on Saturday, April 22, 2023, which was a great success, attracting attendees from the beauty, entertainment, styling, and fashion industries. The event was centered around the theme of Maintaining Unshakable Confidence and Self-esteem in various industries, and featured a panel of amazing speakers from diverse backgrounds in the industry. Attendees were treated to an evening of insightful and inspiring conversations about the challenges of the industry and how to navigate them with confidence and self-assurance.

[My Model Therapy Podcast](#), is a platform designed for models and creatives to come together and discuss topics that are often overlooked within the fashion industry. Through this platform, individuals can speak on topics that surround mental health, confidence, and self-esteem, all of which are crucial aspects of the modeling industry. Additionally, creative individuals from all different backgrounds are invited to share their experiences and insights on various topics related to the modeling industry. The My Model Therapy podcast provides a much-needed space for these important conversations and helps to shed light on the realities of the modeling industry.

The panelists (from right to left) [Shereena Delgado](#), [Donna Prescott](#), [Jana Sutherland](#), [Sarah](#)

[Ngongi](#), and [Aeon Elliott](#) shared their personal experiences and stories, as well as valuable tips on how to build and maintain confidence and self-esteem. Shereena Delgado, the founder and curator of My Model Therapy **Powered by [Straight Walk Runway](#)**, led the discussion with thought-provoking and insightful questions that highlighted the importance of confidence in the industry. Topics such as imposter syndrome, rejection, and more were explored in-depth, and the panelists were able to provide practical advice on how to overcome these challenges.

The event was made possible with the help and support of generous sponsors such as [Waves and Runway Magazine](#), [The Loc Doc](#), [Nandies Cupcakes](#), [Natural Bunch Hair Care For Kids](#), [The Mikey Dread Foundation](#), [My Kookie Kare Klub](#), [Chiffon's Visionary Cuisine](#), [Rowdy Punch](#) by Makeeba Bell, [FDZ Management](#), and [Esquin Artz](#). Their contributions played a vital role in making the event a success, and we are grateful for their support.

Guests were treated to a delicious vegan food menu - Chicken and waffles, portabella steak, with a seasonal fruit platter provided by [Chiffon's Visionary Cuisine](#). We savored the delectable taste of strawberry shortcakes and cookies and crème flavored cupcakes served by our dessert provider, [Nandies Cupcakes](#). We had the pleasure of indulging in exceptional wine courtesy of our liquor sponsor, [Rowdy Punch](#), who supplied our attendees with their exquisite selection of uniquely flavored wines.

[Waves and Runways](#), our **Official Magazine** and **Media Sponsor**, generously provided all attendees with access to their latest online magazine, as well as promoting the event across multiple magazines and blogs.

We extend a huge thank you to our **Event sponsors**, including **Eileen Brown**, a licensed cosmetologist with over 23 years of experience, who is the face behind [The Loc Doc](#) and the owner of Expressions Hair Design. She also has her own product line for hair and skin.

We would also like to express our gratitude to **The Mikey Dread Foundation**, which sponsored the event in memory of Shereena's father, a Jamaican singer, producer, and broadcaster who was **one of the most influential performers and innovators in reggae music**. A special shout out and thank you to [Esquin Artz](#); for their sponsorship and assistance in making the event a success, including providing our bartender for the evening. [Esquin Artz](#) is an innovative art and entertainment program designed to teach kids and young adults various skills such as modeling, dancing, acting, and much more.

At our event, [DJ Big Kev](#) was the DJ of the night and played a variety of music genres including Reggaeton, Afrobeat, Hip-Hop, Rap, and R&B. He played it all! His music really helped to light up the room and set the vibe, so we want to extend our heartfelt thanks to him.

The event photos were captured by Obinna from AFM Pictures LLC. You can follow him on Instagram at [@afmwpictures](#).

The event was attended by an engaged and enthusiastic audience who secured their tickets and seats early, and asked amazing questions during the panel discussion. It was heartening to see such a strong community of aspiring creatives and models come together to share their experiences and insights.

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