



KEMPSEY SHOW

Young Woman of the Year

The Young Woman of the Year Competition is a large movement across New South Wales and provides young women with an opportunity to become involved in their local communities as rural ambassadors. As a Local finalist, Zone finalist or a Sydney Royal Show finalist, the competition can open a number of professional and personal opportunities.

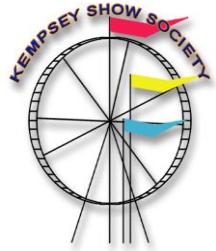
Reasons to be become a Young Woman of the Year Entrant:

Agricultural Shows are an excellent medium to meet new people and is a platform for self-promotion. The competition can benefit both career and person ambitions.

- Increase your exposure within the wider community
- Communicate and network with officials and other contestants
- Increase your involvement and understanding of your local Show and community
- Develop a great understanding about Local, National, and international affairs
- Meet with local community leaders
- Participate in an interview in front of a judging panel
- Increase your self-esteem and confidence
- Improve your public speaking, etiquette and, presentation
- Attend community events as a Kempsey Show representative

Role of the Kempsey Show Young Woman of the Year:

- Assist in promoting events for the Kempsey Show Society
- Assist in increasing memberships and obtaining new contacts for the Kempsey Show Society
- Attend community events as a representative of the Kempsey Show Society
- Become a director or member of the Kempsey Show Society
- Sash the following year Kempsey Show Young Woman of the Year Winner.
- Represent the Kempsey Show Society at the Zone Finals.



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The purpose of the competition is to find a person who will be best suited to represent young women for the Kempsey area, as well as the regional women of New South Wales.

The competition is not based solely on involvement with the land and agriculture. The competition is not a beauty contest. Rather, the competition is judged on a candidate's understanding of local, national, and international issues, as well as their involvement within the community.

All Young Woman of the Year entrants are to abide by the Young Woman of the Year Code of Conduct, as set by the Royal Agricultural Society and Agricultural Shows Council, when acting as an Ambassador for the RAS and the ASC, or their local Show Society.

The Kempsey Show Society will assist you in the role of the Kempsey Show Young Woman of the Year. We are there to help you along the journey and allow you to be the best representative for the area.

If you are successful at the Zone Finals, you will be provided with the opportunity to attend the Sydney Royal Show as a State finalist. You will spend 5 days in Sydney as a guest of the RAS over the Sydney Royal Easter Show. Whilst in Sydney you will attend functions, activities, and present awards to winners of agriculture at the Royal Easter Show.

Useful Links:

[Young Woman \(agshows.nsw.org.au\)](http://agshows.nsw.org.au)

[The Sydney Royal Young Woman of the Year- Sydney Royal \(rasnsw.com.au\)](http://rasnsw.com.au)



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Judging Criteria

You will be judged on the following criteria:

- Personality
- Community involvement
- Ambitions and goals
- Confidence
- General knowledge of local, national, and international issues and current affairs
- Personal presentation
- Speech and dictation
- Public Speaking (excluding Teens and Juniors)

Types of questions you may be asked:

- If you were the Kempsey Show Young Woman of the Year Winner, how will you best represent the Kempsey Show Society?
- What are some primary industries within the Kempsey area?
- What are current issues that are affecting the Kempsey area in agriculture?
- Local, State and Federal Members
- Information about yourself such as employment and education
- Your ambitions and goals

On the day of the judging, you will participate in an interview in front of a panel of three judges. An interview time will be provided to you closer to the date of the judging. You will also participate in a dinner with the judges and other Young Woman of the Year contestants. Senior entrants will also be required to provide a one-minute speech in front of the judges and entrants. The question will be provided to you closer to the date of the judging.



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Presentation

- HAIR:

Hair should be clean and tidy. Your hair should be pulled back from your face, so it is not distracting. The colour should be a natural tone. The occasion may depend on the type of hairstyle you wear. A formal evening requires a more glamourous look; however, an interview may require a more conservative tidy style.

- CLOTHING:

- Interview wear:

A dress or pant suit is required for an interview. This may include a blouse, skirt, and jacket or, a dress with a jacket. The length of the skirt or dress must cover your knees (including while you are sitting). Ensure that you select the correct size for your figure. Do not wear an outfit that is too large, or too small. Select a style of clothing that suits your figure. You should also wear a pair of matte, skin coloured/neutral stockings. It is recommended that you wear court shoes or half court shoes with a small heel. These should be a colour that matches or compliments your dress. Ensure that they are comfortable and worn in before attending the interview.

- Formal wear:

A formal dress should be to the floor. Do not wear a dress that is too long, and you cannot walk in comfortably. The dress should not be revealing this includes low cut across the bust, too tight, plunging backs, splits up the side, strapless or, spaghetti straps. Again, select a dress that suits your figure; do not wear a dress that is too tight. Heavy or unflattering patterns are not recommended, this may include stripes, polka dots, large geometric patterns etc. Select a colour that suits your skin tone and personality. Cocktail wear for the judging evening: Wear a dress that is not too revealing. The dress should be to your knees. It is recommended that you wear matte stockings. Select a dress colour that suits your skin tone. Wear a pair of shoes with a conservative heel that are comfortable for the evening. You will be required to walk into the interview and walk up to the front on the room to provide a speech.



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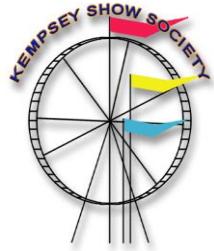
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- **MAKEUP:**

Make-up, no matter how artful, cannot compensate for poor health. Good health is nine-tenths good diet. Cosmetics alone will not give your skin a healthy glow, bring lustre to your hair or sparkle to your eyes. Your skin type dictates how you wear your makeup, for example oily skin requires less oily foundations and ones that will make your skin look smoother. Dry skin requires makeups that add moisture to your skin. Test foundations on the side of your neck, not on the back of your hand. Often your hand is a different colour to your face. Style your makeup depending on your face shape, for example the way you apply your blush can make your face look slimmer or wider or depending on your eyelid shape you may need to style your eye shadow different. For example, people with hooded eye lids need to apply their makeup to make their eyes look larger. Daytime/Interview: Natural and simple makeup that is not too heavy for daytime events or an interview. This may include foundation, powder, blush, light eyeshadow, light eyeliner, and mascara. Formal/Cocktail: More formal makeup is required. A heavier powder may be applied over your foundation. More elegant eyeshadow and eyeliner can be applied. Choose colours that compliment your skin colour and match your dress.

Application of basic cosmetics

1. Cleanse face and neck thoroughly, then apply moisturiser
2. Concealer
3. Foundation application
4. Powder application to set foundation
5. Blush or subtle highlighter
6. Eyebrows
7. Eye shadow and eye liner
8. Mascara
9. Lipliner and lipstick.



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■ **INTERVIEW INTRODUCTIONS:**

Walk into the interview room confidently and smile. Introduce yourself to each of the judges and shake their hand. Answer each interview question clearly and slowly. Take time to consider your answer.

The judges will ask you a series of questions regarding your local show and local area, personal interests, community involvement and knowledge of local, national, and international issues and affair. It is recommended that you have an understanding each of these topics before the interview.

To develop a better understanding about rural issues, The Land newspaper is an excellent resource, as well as podcasts and the ABC News.

Answer each question with confidence, clearly and concisely. If you do not understand the question or need extra time to think about it, ask the judges for clarification or if you can return to the question at the end of the interview. If you still cannot answer the question, advise the judges that you do not know – it is better to be honest instead of making up an answer.

Try to remember each of the judges' names, it is always good to have a question to ask your judges at the end of the interview for example 'How have you become involved with Young Woman of the Year?'.

At the end of the interview, thank each judge for their time and shake their hand. Leave the room with confidence.

■ **PUBLIC SPEAKING:**

For Seniors on the night of the judging you will be asked to give a short one-minute speech about yourself. You will be addressing the judges and the other Young Woman of the Year entrants. A good way to start such a speech is as follows:

Good evening, (judge ones name), (judge twos name), (judge threes name), the Kempsey Show Society and Ladies. My name is _____. I work as a _____ for _____. My hobbies include _____ etc.

Tips:

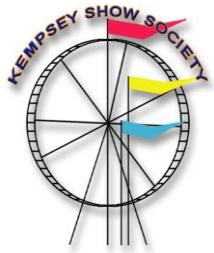
- The first five seconds count, make an impression, do not waste it.
- Write your introduction as a couple of sentences and memorise them
- Whatever you decide to speak on, present your ideas with conviction, say something that will be of value to others.
- Know our audience and who you are speaking to.
- Address the whole room. Engage by making eye contact with individuals in the audience.



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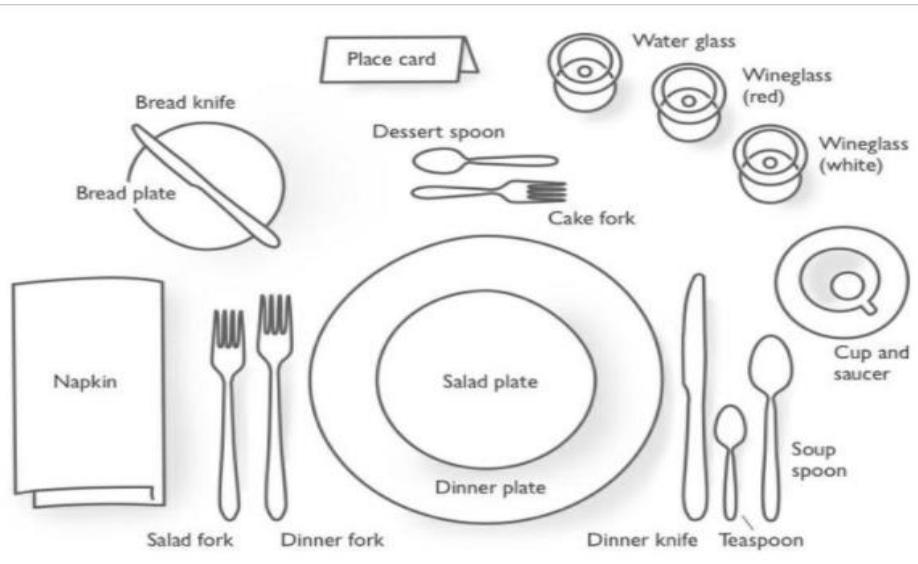
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- Etiquette, Manners and Table
 - The golden rule of etiquette is to treat others as you would like to be treated. Always use correct manners such as please, thank you, and correct apologies.
 - The gentleman is always introduced to the lady first. When introducing two members of the same sex, one senior and one junior, the junior is introduced to the senior first
 - Correct way to introduce is: "I would like to introduce you to Mr Joe Bloggs and Mr Joe Bloggs, I would like to introduce you to Miss Elizabeth Jackson".
 - You should only begin eating your meal after the host says so, or everyone at the table has received their meal.
 - Do not rest your elbows on the table
 - Put the napkin on your lap as soon as you sit down
 - Sauces are to go on the side, and not directly on the food.
 - To correctly eat a bread roll: break it one piece at a time (do not cut it with your knife), butter each piece individually. If you are sharing butter, scoop enough butter onto your plate to cover your roll, do not take multiple scoops from the butter.
 - Utensils are to be placed tines down when one pauses in the midst of eating. Utensils are to be placed together when you have finished eating.
 - Difficult to manage foods may be picked up with the fingers
 - It is not permissible to reach for food, rather you ask someone to pass it.
 - Food is served from the left, and drinks are served from the right.
 - You should not pick up a utensil that falls from the table, ask for a new one.
 - Remember, the judges are dining with you on the judging evening so start practicing your table manners.
 - Practice your small talk so you can converse with the judges. Remembering their names in the interview will help with this.



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Continental style - I'm resting position

Continental style - I'm finished position

