

# CHOICES

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# Guts, Glam & Glory

Face2Face with  
Denise Keller

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# Guts, Glam & Glory

"Follow your heart...if you really believe in it, it will come true."

## Face2Face with MTV VJ Denise Keller

By Loretta TAN ● Art Direction: Tony YEO ● Stylist: Ivan SIM ● Hairstyling: Sharon CHAI of X'pect Studio  
MakeUp: Sue SALLEH of BOBBI BROWN ● Photography: Cheyl FAN ● Outfit: FILA ● Shoes: FILA  
Venue: Plaza Parkroyal Fitness Centre

"Beauty is in the eyes of the beholder". That clichéd phrase is often used to denote unconventional beauty or used to define beauty in otherwise uncommonly found places. Some find it beautiful, some just don't.

Then again, there are those objects, places and people that command your immediate attention and halt you in your tracks simply because of its resplending, for lack of a better word... beauty.

Like it or not, Denise Keller is beautiful. With porcelain smooth skin, rose tinted cheeks and glossy full lips, this lanky MTV VJ is a sight to behold.

Strutting out of the changing room in the Plaza Park Royal fitness centre, Denise almost made the gym instructors choke under the weight of their bench presses and caused the ladies in the gym to max their speed and really go the distance on their treadmill.



### Climb to Glamour

Denise, is of course no stranger to glamour. Having been spotted by a photographer and garnering her first modeling contract at 14, Denise is now a popular model whose face is splashed across the covers of many regional glossy magazines. She also endorses campaigns and products with leading cosmetic powerhouses, including Witch Skincare products. Her current promotional commitment sees her jet-set to Malaysia, Indonesia, Thailand and Hong Kong for promotional events.

In 2000, Denise won the coveted title of Ford Supermodel of the World-Singapore contest. This led her to more assignments to places as far flung as New York, Japan and China. Suffice to say, this 22-year-old lady knows her geography like she knows her wardrobe.

So what better way for CHOICES to kick-start our special issue on career than to find out from Denise herself what it takes to stay on top in a fast-changing industry such as the fashion, modelling and media.



people who aspire to be models and actors are also trying to feed themselves and have a roof over their heads like everybody else, so just leave them alone".

She flashes her megawatt smile. It is hard not to be silenced.

### Weather It All

A career in front of the camera may seem glamorous to most but the conditions are rarely as rosy behind the scenes. Stories of models or actors posing and acting in skimpy swimsuits in the blistering cold or wearing fur and leather in the Gobi Desert are not complete untruths.

In a way, Denise is luckier now, having traded in her modeling togs for hip MTV gear. Based in the studio in her work as MTV VJ, Denise is usually spared the agony of challenging outdoor shoots but does have to bear with the excruciating cold in the studios.

"Be prepared to have little sleep and little time for yourself," warns Denise. Other than that, it is clear Denise loves her work. "It is always challenging, exciting, scary and fun at the same time!"

### Communicate, Communicate, Communicate!

One of the most curious phenomena that happens in the workplace is the severe lack of communication or interpersonal skills. In fact, many fresh graduates and entrants to the working world find office politics the hardest to cope.

That is why Denise ranks effective communication skills as the number one priority when working. "I like to get to know people, professionally and personally. Be kind from the heart, always greet and respect your colleagues. Buying them the occasional pack of tapioca crisps and keropok (Malay for cracker) definitely won't

Be kind from the heart, always greet and respect your colleagues.

What then is a definite "no-no" in work ethics?

"Hurting someone professionally, emotionally and spiritually with intention".



### Work that Booty - Up There in Your Head

"I would take brains anytime"- Denise gushes. "It lasts longer and if I ever find myself stranded in some remote island, I would write my book on beauty!"

Not adverse to philosophy, Denise swears by a quote from James Allen, "Cherish your vision, cherish your ideals, cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts. If you remain true to them, your world will be built to last."

What better way to conclude an interview than with such wise words? We cannot agree more. But oh, Denise, just one other thing: what would a true fashionista like you wear on the first day at work?

"My tracksuit. A coffee in one hand and my life in one big bag in the other", she beams flashing that megawatt smile, again.

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### No Fear

To the aspiring models, actors and media newbies out there, Denise offers this old adage "Follow your heart. Never be afraid - fear will control you and never let you go. Be open and honest to yourself. If you really believe in it, it will come true."

But, she also cautions, cooing like a big sister this piece of advice, "Be wary of wolves and sharks!". And to the critics who snort that modeling or acting is a no-brainer career, Denise sagely

