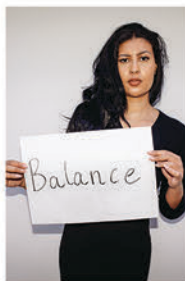


FEAR-LESS.





WHO ARE YOU?





ME MYSELF AND I

HOW DO YOU CREATE, IF YOU DON'T KNOW WHO YOU ARE?

How do you make decisions, if you don't know your values? What do you prioritise? How do you behave? Speak? Understand what your purpose is? If you do not question who you are and what is important to you, and how you live? Do you ask yourself the question? Do you know what you care about? What are your deal breakers? Navigating this world is tough enough, with no foundations, roots, corner stones, we are drifting....

WHAT IS YOUR PURPOSE?

What impact do you want to leave on this planet? So many questions. But once we know, then things become easier. Easier to navigate, and understand how we create. The storytelling we want to share, the messaging we want to drive, the imagery that we want to inspire, brands we want to align with. Understanding where we belong, how we want to show up, what difference we want to make. Having an understanding of how we can use our creativity, our skills, our talents to drive our purpose.

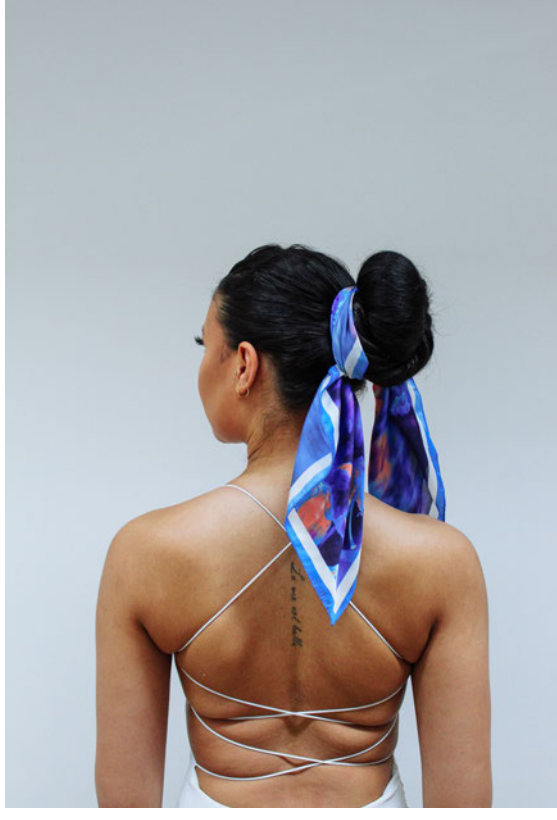
Few humans pause, so few take the time. Life is fast paced, challenges come easy, firefighting becomes a natural way of being. Taking the time before you grow, before you are too set, before you carve out your place in this world. Before you are in such a habitual state that change becomes a minefield, a luxury.

These humans have been given the space, the time, the guidance to explore, investigate, evaluate, to be conscious, to reflect. These humans on a learning journey have built foundations, foundations on which they can and will grow. They have a greater understanding of who they are. A privilege, maybe, but why should it be? Shouldn't all students/humans be guided through a process of self-discovery? Wouldn't we all benefit from time spent being conscious. Wouldn't we all have a clearer understanding of our direction, mission, boundaries, dreams, goals?

It all starts with the question: **WHO ARE YOU?**

Zoe Lem (Course Director)

Yasmin Smith



Crina Cojocaru



Suad Elmi



***"the central inner
force common to all
human beings and
yet unique to each,
which is the deep
source of growth...
[that is] free, healthy
development in
accordance with the
potentials of one's
generic and
individual nature."***

Horney, 1950

Evelina Pascaru



Emma Stevenson



Bruno Segatto



Ternisha Coley-Forbes



Crina Cojocaru



Ternisha Coley-Forbes



Emilia Zentner





Evelina Pascaru



Megan Cassidy



Lara Jones



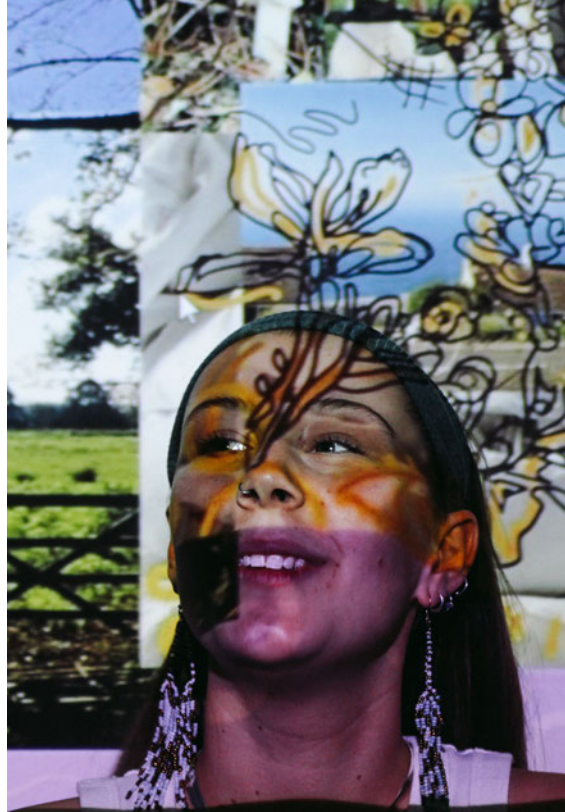
Megan Cassidy



Bruno Segatto



Lara Jones





Grace Dowding-Byer

FEAR-LESS. magazine collective

Fear-Less. is a platform driven by purpose, inspired by hope, passion and a desire to build confidence, ignite joy and break the rules!

A collaboration of humans focused on being conscious and working together using creativity to unite us.

Fear-Less. magazine is built upon empowering and inspiring individuals on a learning journey and building confidence through providing a safe space.

Equality is at the heart of Fear-Less magazine, we wholeheartedly believe in inclusivity and diversity.

As a platform we want to build a safe space to talk about and support mental health, wellbeing, lifestyle, culture, sustainability and fashion.

Rreal connections to people and the planet are at the heart of Fear-less. magazine ethos. Sustainability drives our choices, energy and aligned values impacts our behaviour.

Learning from each other, life and the world around us helps to drive our vision to create a space for growth and inspiration.

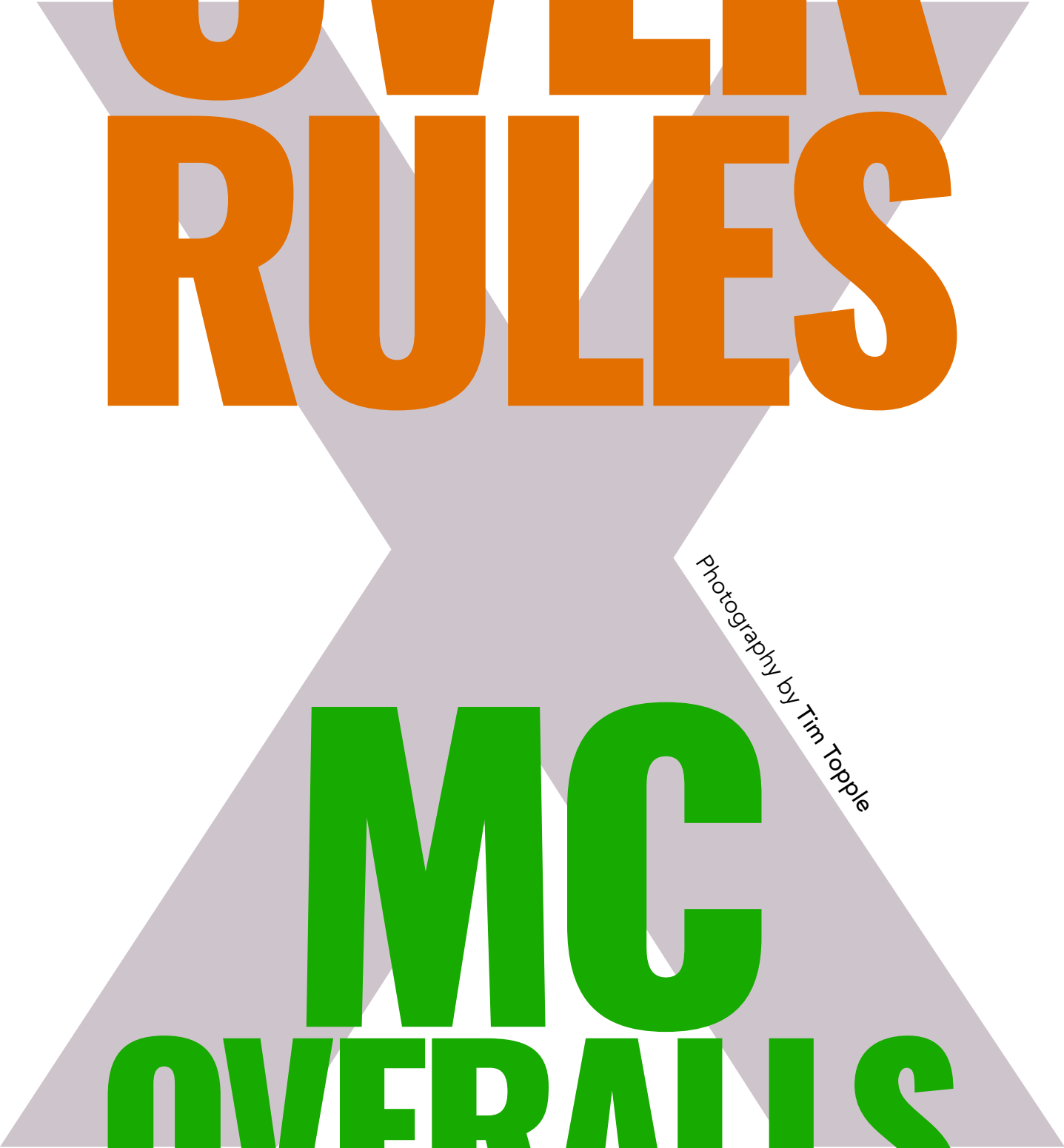
Everyone who has an appetite to be curious about the world, and themselves has a voice, we want to celebrate all voices, from all perspectives.

Strength, resilience and a rebellious sense of activism gives us our sense of purpose and a mission to bring joy through fashion and lifestyle.

Supporting new talent, creatives and all humans that have something to share through ideas, art, fashion, a message...

This is the start of a journey, a movement, a moment. Join our tribe and enjoy the ride!

Fear-Less. humans xx



**OVER
RULES**

Photography by Tim Topple

**MC
OVERALLS**



Styling/Art Direction: Suad Elmi
Model: Abib Jabril



Styling/Art Direction: Evelina Pascaru
Model: Alina Brosenco



Styling/Art Direction: Yasmin Smith
Model: Vania Angel



Styling/Art Direction: Emma Kimberly Stevenson
Model: Leon Oakley



Styling/Art Direction: Crina Cojocaru
Model: Mariam Zare



Styling/Art Direction: Ternisha Coley-Forbes
Model: Tony Niyo

Styling/Art Direction: Megan Cassidy
Model: Lucy Chalaby



Styling/Art Direction: Megan Cassidy
Model: Lucy Chalaby





Styling/Art Direction: Bruno Segatto
Model: Tainan Fonseca Feroldi



Styling/Art Direction: Emilia Zentner
Model: Sasha Belgrave



Styling/Art Direction: Lara Jones
Model: Molly Waters

Redefining workwear.

Workwear is traditionally functional, robust, loyal and utilitarian.

With the rise of personalisation, the increase in bespoke, customisation, individualisation, fluidity paired with the global need to belong, fit in, be a part of something; how do you take one simple silhouette, and reimagine it in to a style, look that is unique to the wearer.

Workwear as a fashion trend has risen in the past 5 years, even more so since the pandemic.

Nordstrom reported *workwear* as a term has increase by 136% as a search. Whether referencing military, industrial workwear, function or comfort, there is no question the minimalism of style and scope for individuality in the simplicity is on an increasing rise on the style charts.

Established in 1908, **McOveralls** is a hardworking workwear brand laced in heritage, stories, function and legacy. Simple shapes, heavy weight fabrics, tough construction and sturdy silhouettes. The 1916 reincarnation of the brand has embraced gender neutral separates to clothe a generation of individuals seeking function, style and personalisation opportunities.

How do you personalise a blank canvas?
Where do you start when taking something that is for everyone, into something just for you?

Starting with an understanding of values, spirit, personality and the message that you want to communicate gives a foundation on which to build. The energy that we embody/project is the vibe you create. The attitude, building the layers, creating the confidence and the connection with one's self, using the clothing as the tools and your body as the vehicle. Style your soul, not your body!

There is no right or wrong way to dress, only an authentic way to express who you are.

Styling Mentor: Becky Seager
Make-up: Astrid Kearney

www.mcoveralls.com



Styling/Art Direction: Suad Elmi
Model: Abib Jabril

WO-"MEN'S SPORT"



“THEY SAY, THAT’S A MEN’S SPORT AND I REPLY, WELL NO IT’S NOT”

KATIE MELLOR

Written By: Emma Stevenson

Women’s sport has gained an increasing popularity over the years, but that hasn’t always been the case. For young athletes like Katie Mellor it was hard to see representation when they were starting out in a sport. Katie is 20 years old and studying Sports and Exercise Science at Manchester Metropolitan University. She has played rugby at a national and county level and is now playing for her University Varsity first team. She is an amazing example of a woman in sports she trains five days a week, two days of netball and three of rugby, all while balancing her degree.

While other sports such as netball, swimming, tennis and even now football are all now recognised in the world of women’s sports but, there’s still an element of shock when women tell people they play rugby. The past five years has shown drastic growth in the number of adult women that play rugby with numbers rising from 25,000 to 40,000 in England, with the Rugby Football Union hoping that numbers will increase to around 100,000 by 2027. Katie talked about how when she started playing rugby “there were no girls teams” and recruiters from the RFU came into her school and asked who wanted to start playing for local girls and women’s teams and she thought “may as well”. Katie danced since the age of three but, at the age of 13 decided to move to rugby to play for new and emerging girls teams. Starting a new hobby or sport isn’t for the faint-hearted, especially when it is considered one of the most masculine sports in the world- according to Joe’s Daily, the sport has “even rougher tackles” than American football. Rugby being a ‘men’s sport’ is something that isn’t just evident in the more traditional



views of society. Even now in 2023 there are schools across the country that allow the boys to participate in rugby during P.E lessons but the girls are not allowed to play and they participate in other sports that are, to what is understandable, more traditionally female. According to the England Rugby website there are around 2,000 schools part of the England Rugby Football Schools Union and statistics published by iNews showed that girls played "less than half the amount of rugby as boys last year" and considering that only "29 per cent of boys surveyed playing the sport" meaning that it was less than 14 per cent of girls in secondary schools are playing rugby. Katie was one of the first cohorts of girls to be approached in her middle school to play rugby and she decided to take a chance and it was lucky she did because she has only proceeded to grow and succeed in the sport.

Women's sports has only become more and more popular over the years, especially with the rise of women's football, the Women's Sport Trust published figures that showed in 2022 "the average viewer watched 8 hours 44 minutes of women's sport" whereas, in 2021 it was "3 hours 47 minutes". The England women's rugby team have won five consecutive six nations championships, with the 2023 competition being a huge catalyst for viewership of women's rugby with the rates exceeding 10.4 million hours of viewing. Katie talked about how the rise in popularity of all women's sports could be nothing but helpful and beneficial to the world of women's sports as a whole. Katie believes that the more representation women's sports has in the media is "showing young girls that it actually is okay to do sport and all of that will increase the number of people playing the game, no matter what sport it is."

While women's sports has come a long way in recent years, there is still a world of judgement on women in sport. Katie talked about her experience in and out of school of peoples assumptions about her and her teammates. Many women in sport feel judged in more than one way for playing and while playing sport. Katie started playing rugby at the age of 13 statistics say that 50% of girls drop out of sport by puberty, Katie challenged these statistics and continued to play sports and do what she loved despite the judgement and these devastating statistics. The Guardian published that "40% of women in sport say that they face discrimination because of their sex" and Katie has been subjected to some of these sexist opinions during her sporting career. One major example was her GCSE PE grade was marked down for being a girl playing rugby as "we didn't tackle big enough people" Katie disputed this discrepancy by arguing with the board that "there's not big people to tackle, we're not going to tackle like the men do, we're not tackling men". Katie has spent the entirety of her teen years being judged by society for doing what she loves, society have such a fixation on sports being male that they make assumptions about women in sport and their sexuality, Katie shared her experience with this and people thinking "oh you're a lesbian... you're all a big bunch of lesbians." It is quite clear to everyone who is supportive of women's sports that "its literally the opposite" as Katie would put it. Sports such as netball or football are evolving and people don't have such opinions like this within these sports as much anymore Katie feels as if "people are still shocked by rugby, they say, that's a mens sport and I reply well no it's not".

Playing a sport, for a lot of people, is a place to escape, its a place that they feel like they can be a different version of themselves. Katie feels the exact same way, "I feel good, I feel strong all the training that goes with it makes you feel ready". The empowering feeling of playing such a physically demanding sport was one of the reasons that Katie fell in love with the game, competing at higher levels than the boys "coming second in England" while the boys at her age were no where near this level of accomplishment made her feel extremely empowered and gave her drive to carry on with an overwhelmingly hard regime that she needs to keep up to achieve these levels of success consistently.

Starting a sport like rugby takes a lot of courage, Katie felt that she saw the fun in the sport before she began playing and knowing everyones opinions on it. She never thought that she was joining an "aggressive sport, as I was never an aggressive child". However, she feels "I'm not really the same person on the pitch", a competitive side to Katie prevails when she's playing as it is a sport that "you wouldn't do if you weren't competitive". It's a sport that you have to have to be "all in" for, something that, where if you "don't give it 100% then you'll hurt yourself



or someone else". Katie's personality out of sport is a very determined, strong, and integral, she has to be punctual for training sessions as the commitment is as important as anything else "if I'm not there three times a week I don't make the team". Katie's personality on the pitch is something that she might not necessarily adopt off the pitch as she "smashes into people with no problem on the pitch but I don't do that in my everyday life". Katie's team-mates also influence who she is on the pitch, "we're like a family, if one person gets into a fight everyone has their back, you're never on your own". Rugby, being a team sport, was also one of Katie's main reasons why the sport was so influential to her, she has gained confidence and people skills and has "really come out of my shell, I'm much more of an extrovert now than I was before". By taking part in a team sport Katie feels that she has people around her when she's feeling the pressure "playing against England players and international players does make me nervous but having a team and a game to channel it into makes it a lot easier". Playing rugby has definitely had an impact on who Katie is, she has grown and evolved her personality for the better all because she started playing rugby, "a men's sport".

Katie's journey was championed by her dad, she told a beautiful story of how her dad was an instrumental part of her sports life. She talked about how he progressed from a sceptical point of view, with Katie joking about how he said "you're not going to be very good" to him coaching and leading Katie's girls team to victory, with Katie and her home team making it to a national final. Katie has been extremely successful in her sporting career, she has gone from playing at local club level to Staffordshire county women's teams, University Varsity and even playing national championships at Twickenham. Katie says that being a woman in sport is generally a very hard torch to carry, the pressure from all around to perform at the same level as the men who have had years worth of training, but she insists that it is worth every minute of it. The empowerment she feels to say that they've come runners up at national competitions while the men have "only come second in county leagues" creates a level of enthusiasm and moral that can't be replicated anywhere else. Katie described the pride she felt when herself and her team "did things that we never really set out to do and things just happened", the genuine enjoyment for the sport created a space for them to excel.







Photography by Tim Topple

white

[waɪt]

ADJECTIVE

1. of the colour of milk or fresh snow, due to the reflection of all visible rays of light; the opposite of black: *"a sheet of white paper"*

To be influenced by one source is inspirational, to be influenced by more than one source is pure creativity. The merging of ideas, the fusion of concepts, the collaboration of route sources.

The freedom to explore and express, with the guidelines and direction of a clear brief. You have the world at your fingertips, a vastness of potential inspiration. Channelled into one simple, pure and honest vessel.

Students on Fashion Design BA (hons) year one were given one simple brief; a white shirt, inspired by two cultures, created into a design that would represent and fuse all of their ideas into one single garment.

The photographic story telling of these artistic creations was interpreted through the eyes of first year Fashion Media & Promotion students. Taking the garments on the next stage of the journey, exploring movement, light, proportion, perception and form. This collaboration is the

perfect example of how the creative journey does not begin and end with one person's vision. We can initiate an idea, instigate a concept, realise a dream, but where it goes from there is in the hands, eyes of all that consume, enjoy, see, feel the creation. The potential of collaboration and creativity holds no restrictions, no boundaries. But we have to begin, have faith in our ideas, trust the process and allow space for creativity to grow. In that space, in that pause is where the magic happens. This is where we discover who we are.

"Renoir said once that nothing was so difficult, and at the same time so exciting, to paint, as white on white."

Ambroise Vollard, French Contemporary artist, 1866-1939

DESIGNER Rachel Mocker



A tapestry of movement

Folds/unfolds

Abstract
Illusion?

Feel through
your eyes







DESIGNER

Fatima Taiqui

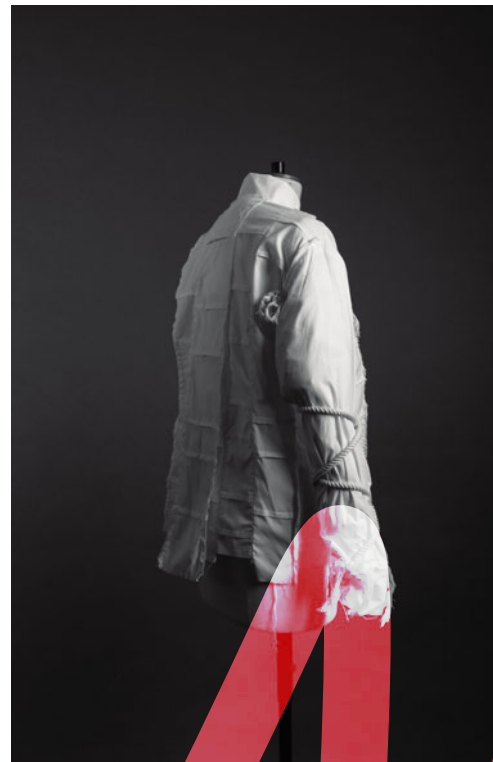
~~Freedom~~
release?

Freedom in
chaos

Beauty in the
scraps



With every knot and every line
we find beauty in each design



DESIGNER

Yana Gocheva



Contrast in
opposites

SHADOWS

Back-lit sails

CURVE



Harmony



In this off-
balance world





DESIGNER

Katarzyna Astryka

Precision

Sharp







Designers:

Katarzyna Aftyka

Fatima Taiqui

Rachel Mocker

Yana Gocheva

Stylists:

Evelina Pascaru

Yasmin Smith

Emma Kimberly Stevenson

Crina Cojocaru

Ternisha Coley-Forbes

Megan Cassidy

Bruno Segatto

Emilia Zentner

Lara Jones

Creative Direction Mentor:

Kim Howells

EMMA

**“I’VE
NEVER BEEN GOOD AT
DEALING WITH
FAILURE, AND I STILL
HAVE A LONG WAY TO
GO”**

EMMA STEVENSON

Written By: Emma Stevenson

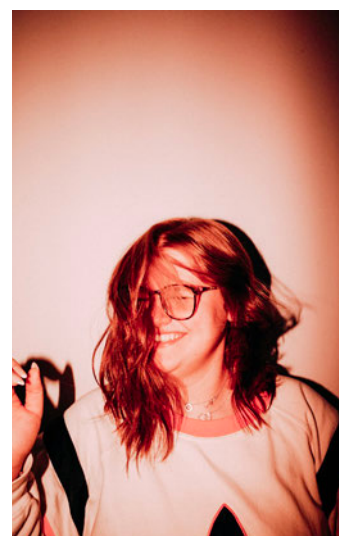
People think that to have self growth and to find yourself that you have to be going through some sort of big life event a big change that catapults you into a journey of self realisation and a new growth mindset. However, for Emma this journey started because of a move to University, so at the age of 19 she started a journey of self discovery and understanding. She started studying Fashion Media and Promotion at London College of Contemporary Arts in September 2022, she wanted to do this degree as she wanted a change from the very academic routes she took whilst she was at school and she loves everything fashion and media so it was the perfect course for her, she took a risk moving to a big city from a small town and found the change to be a lot more difficult than she was anticipating. Emma talked about her journey throughout the past year, everything she has learned, the parts she enjoyed and the parts she didn't and how these new ways of thinking have been, in some ways, hard for her to adopt.

Rewind to around a year ago when Emma was sitting her A-Levels, studying until all hours of the morning and forgetting basic human necessities because her whole life, at that point, revolved around a piece of paper with three letters on it. Obviously, to her and a lot of students, it's more than that at the time, it's what determines where you go to university, whether you go to a Russell Group or not, it's the difference between doing the degree you want or having to settle for something all because a letter tells you you can't and as a result gets to determine your entire future. Emma has always been a

high achiever saying that “my worth was dependant on my grades”. A mindset that is, unfortunately, very prominent in youth today.

Dealing with stress and anxiety is something that goes hand in hand with being a high achiever. Feeling that no matter how much you’re doing, you’re never doing enough and letting a grade determine how you feel about yourself. Emma talked about her experience dealing with this and how she would just “power through, work through and then burn out”, which is obviously not the preferred way, but its the path a lot of students end up taking due to workloads and pressures. However, now Emma is more relaxed with herself, she knows who she wants to be and she can remind herself that there’s more important things in life; she feels that “the ways I deal with things are not so much different but I am more equipped to tackle it head on, I feel like I know my values now and I know my core and that other aspects of my life have become more important. I understand now that my happiness is much more important and I never want to feel the feeling of burnout ever again.”

Emma’s journey started by figuring out her core 4 values, figuring out a stable 4 pillars that represent who you are is very important to this process of discovery. The four words that Emma felt were most accurate to her core were “integrity, valiance, optimism and curiosity”. The words that she chose were very important to her, “I had a page full of words that just didn’t feel right, I believe that words are a powerful notion and that we should be very careful with how we use them”. Discovering what you stand for is a very important, most people have morals but not many people have their core values nailed and can confidently say that they have a strong set of pillars that they can fall back on. Doing a task like this that requires you to look at yourself and, with conviction, say that this is who you are, some would say that it was an identity changing task, you can have a clearer view of who you are, “I feel like my values have always been part of my identity, they’re just more prevalent now. My iden-



tity hasn't changed I just have a clearer view of who I am, my identity is what makes me, me so how could it change. For example, I've never been good at dealing with failure, and I still have a long way to go, it doesn't all just go because you understand yourself better." This view makes identifying your values a much less daunting task, you just have to dig deep and look at yourself in a mirror, decide what the most important parts of your personality are, what you want to be defined as.

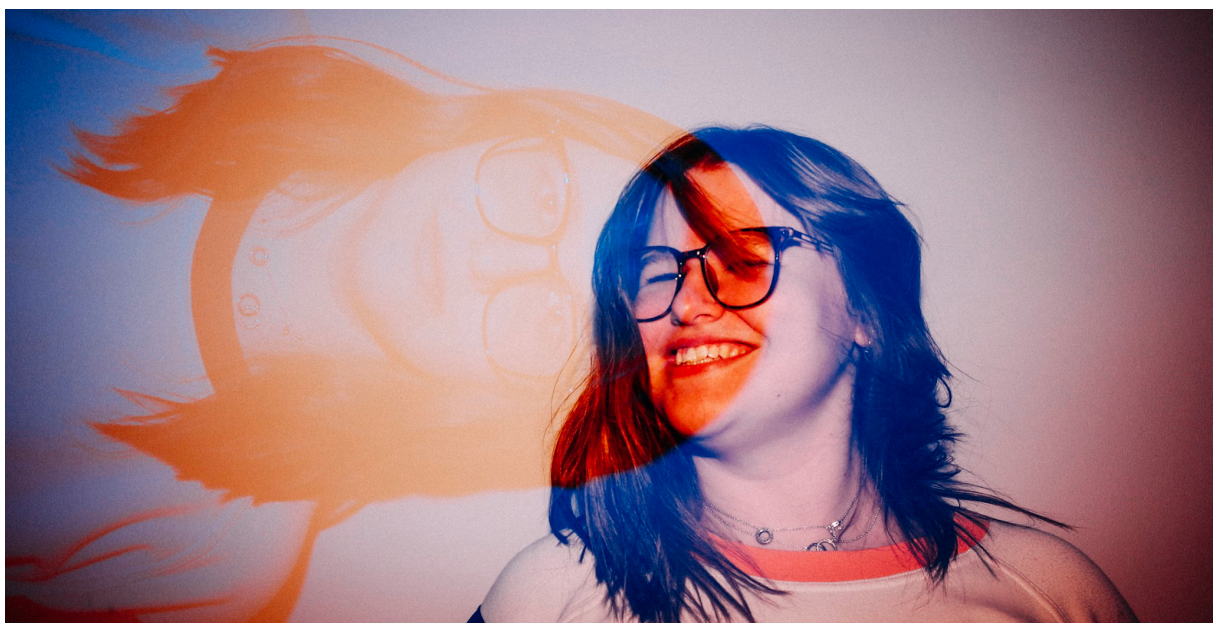
Another way to look at yourself and be reflective in this process of growth is to complete an analysis of your strengths and weaknesses. Completing a SWOT analysis is an important part of understand-



ing who you are, knowing your personal strong points and where you need to improve is a great way of identifying who you are and how you're going to progress in the future; what roles you'll be best suited to and what the things you have to work on are. Many people would find listing their strengths to be difficult, Emma found the, "weaknesses to be easier, I think most people would, it doesn't come easy to me to sit there and list my strengths." However, it is always good to know what you're good at, job interviews will always ask you what your best strengths are (the same with weaknesses). Therefore, to push yourself out of your comfort zone and be a little less modest sometimes, is a good thing.

Sometimes putting yourself outside your comfort zone is when you find out the most about yourself, like looking at a picture of yourself that has been flipped, something that's not a mirror image, listening to your own voice and, "really hearing yourself for the first time can feel quite confronting and very uncomfortable, but that's when you really find out how much you can take and who you really are, if you can accept yourself". There's a point when you start to think that all of the work is done, but it never is, "people are always evolving, their sense of purpose changes and you grow. There are some parts of yourself that are never going to change, you just have to work out how to deal with them and combat them with the new and improved pillars you have built. For example, some people are more tightly wound than others, people can have OCD tendencies and some of that will never go away, you just have to be willing and open to learn about yourself and be prepared to adapt and grow as your life evolves."

"In my personal experience it has been a very vital process to go through, It has set me up to be a more well rounded person as I am confident in who I am. I can now go forward in my life knowing what I stand for, understanding what kind of person I am and knowing where I will excel. For me it's been a task that I never saw myself doing, I'm a very logical person and I was just under the impression that everyone had a clear view of who they are, which I now know is not the case. It's almost relaxing to know that I have built these pillars up to rely on and I know that if I'm struggling with a decision or I don't know which path to take as long as I stay true to my core no decision will be the wrong one, for me."



SHOE
ARE
YOU?

Photography by Benjamin Madgwick









Let me look at your shoes, and I'll tell you who you are.

There are a million different ways to gauge who a person is, without speaking to them.

It has been suggested that shoes can tell us more than just a person's cultural references, it can tell us about politics, class, social standing, race, and national identity. Shoes are the non-verbal communication of our style preferences, our lifestyle choices and our commitment to fashion trends, or not. Whether you prioritise comfort, give in to frivolity over function, decide that ethics supersede luxury, or investing in quality before giving in to fast fashion, your shoes tell us all. We see you; we hear you and we hold space for all of your preferences.

The scuffs are your war wounds, the creases tell of adventures, movement, walking, dancing, pacing the streets, bounding across countryside, making shapes on the dancefloor.

Your shoes carry you, support you and quite literally create the foundations, the grounding for your entire being. So they might be on trend, they might go with your outfit, complete the look, balance your colours, give texture to your layering, context for your hat, your handbag but your shoes alone are the reason you are standing.

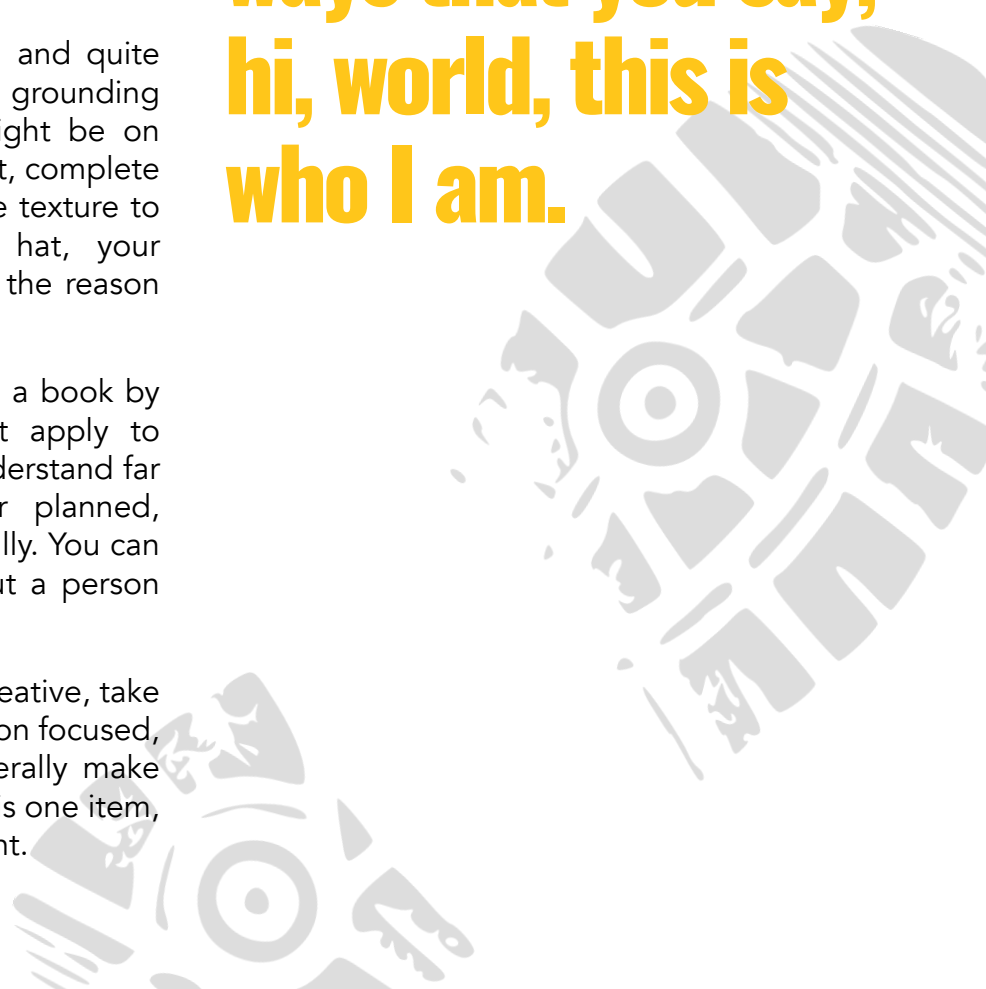
It is said that you should not judge a book by its cover, but this rule does not apply to footwear. With footwear we can understand far more about you than you ever planned, subconsciously, consciously, habitually. You can with some accuracy tell a lot about a person from the shoes they wear.

We can even tell whether you are creative, take risks, cautious, service driven, function focused, optimistic or steadfast. We can literally make assumptions of your character by this one item, and 9 out of 10 times we will be right.

There are no hard and fast rules, there will always be surprises, many traits you might tell, but occasionally get it wrong. It seems that shoes, rather than eyes can be the window into the soul. They have the power to transform confidence, to inspire energy and to put a quite literal spring in your step.

Shoes have, over time, symbolised magic, like Cinderella or Dorothy in the Wizard of Oz, representing transformative powers and possibilities.

**Your shoes are
one of the many
ways that you say,
hi, world, this is
who I am.**







STREET

Megan Cassidy
Black and white Nike Dunks.

Simple with a bit of a twist.
Reserved, but playful.



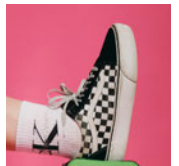
Evelina Pascaru
White Guess trainers.

Practical, flexible and they go
well with every outfit.



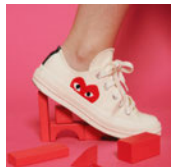
Emma Stevenson
Chequerboard Vans.

Classic, always reliable, good for any job.
Hardworking like me!



Crina Cojocaru
Converse x Comme Des Garçons Play

They make me feel cool, playful,
young and are comfortable.



Bruno Segatto
Nike Air Force.

Streetwear vibes, and very playful.



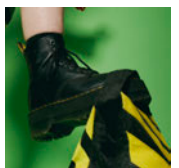
Ternisha Coley-Forbes
Adidas Q Foam.

Hard outer shell,
softer inner sole, like me!



Emilia Zentner
Doc Martens Pascal Max

These add a little bit of edge to literally any
outfit. Not mad about the extra height either.





FEVER-J-22.

