



## BRIDGET HUSTWAITE

**Bridget Hustwaite is a presenter, bestselling author, podcaster and content creator. Bridget's much-anticipated second book *Figuring Out Thirty* was released in January 2025, with fans and media singing its praises.**

Hustwaite spent seven years at Australia's national youth broadcaster triple j, including five years hosting her own national music program, 'Good Nights', finishing up in 2022. Bridget made her commercial radio debut in March 2026 as she hosted Nova Network's national celebration of Harry Styles' new album. The hour long listening-party special was broadcast to fans around the country. A trusted voice in the Australian music industry, Bridget has lent her expertise to the judging panels of the ARIA Awards, Music Victoria Awards, NT and WA Song of the Year Awards, and was a member of the Australian jury for the 2022 Eurovision Song Contest.

Bridget is thrilled to see her second book *Figuring Out Thirty* hit the shelves with bestseller status at retailers Dymocks and Booktopia. In the Penguin-published title, Bridget reflects generously on her own experience entering her thirties and alongside an array of contributors, shares wisdom on navigating relationships, body image, career and more. Her writing has also featured in *Vogue Australia*, *Harper's Bazaar Australia* and *Sydney Morning Herald*.

Bridget's bestselling first book, *How to Endo*, details her lived experience with endometriosis and continues to be a valued resource for people living with the condition. She has spoken on her condition and chronic illness advocacy at numerous events such as the Melbourne Writers Festival, University of Melbourne Medical Student Conference and National Youth Disability Summit.

A recent career highlight was when Bridget had the opportunity to sit across from UK writer Dolly Alderton, as the host of her sold-out Brisbane show. Hustwaite has also frequently appeared on national television programs such as the *Today Show*, *Today Extra* and *The Project* – while also being a regular presenter on Victoria's most popular travel and lifestyle show, *Postcards*.

In 2023 and 2024, Hustwaite hosted the official ARIAs Red Carpet for Channel Nine and Stan Australia's backstage broadcast – and hosted *ARIA Amplified*, the weekly central platform for all things Australian music. Bridget has had the privilege of

# Profile

## Talent Management

interviewing the hottest international acts through various roles hosting live events and video content for major music labels like Universal Music and Warner Music.

With a vibrant social media presence, Bridget loves expressing her personal style and has proven herself as an in-demand partner for brands, working alongside global names like Specsavers, Garnier, Uniqlo, American Express and more. Originally from Ballarat, Bridget has spent time living in Fremantle, WA, but is now thrilled to have returned to Melbourne permanently.

### **Talent Manager:**

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