



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 and has 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.

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. 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 also makes appearances 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 is the host of *ARIA Amplified*, the weekly central platform for all things Australian music. Bridget has the privilege of 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, and more. Originally from Ballarat, Bridget has been based in Fremantle WA for the past year, traveling interstate for her work – and looks forward to returning to Melbourne permanently late 2025.

Talent Manager: Kate Loder. kloder@profiletalent.com.au / P: 03 8598 7810