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AESHA SCOTT

Aesha is best known for her role as a beloved 'Chief Stew' on the global reality juggernaut *'Below Deck'*. Having become a fan favourite across the franchise, Aesha can be seen starring in the most recent season of *Below Deck Mediterranean* – her seventh series with the franchise.

Aesha has won hearts all over the world, but Australians have embraced her as one of their own. In 2025, Aesha and her husband, Scott competed in the latest series of *The Amazing Race Australia – Celebrity Edition*, where they made it all the way to the final episode after an amazing effort racing thorugh the Himalayas, Nepal, Sri Lanka, Uzbekistan and more. She also starred in Channel 10's 2023 series of *'I'm a Celebrity Get Me Out of Here'*, making it to the finale and taking out third place.

Known for her entertaining antics, side-splitting sense of humour and unmistakable voice, Aesha has fast become one of the most popular stars in reality television worldwide. Making her *Below Deck Mediterranean* debut in Season 4, she immediately become a fan favourite and went on to appear in seasons 5, 9, 10 and 11. Aesha starred in the first season in *Below Deck Down Under,* and was Chief Stew in the Emmy-nominated second season. Most recently, Aesha has been announced as part of *Destination X* Season 2's Cast, where contestants will travel blindly across Europe, completing location-based challenges and making strategic alliances to avoid elimination.

Aesha's massive popularity has also meant she is highly sought-after talent for brands, and has worked with global names such as Kathmandu, Garnier, Turo, and Smirnoff. In 2026, she is an ambassador for New Zealand's First Sauvignon Blanc, Matua. She also recently embarked on a personal passion project – launching 'Drop' alcoholic coconut water across Australia and the US.

Raised in Tauranga, a small coastal city in New Zealand known for its gorgeous beaches and mountains, Aesha grew up the middle child in a family of six children. She faced adversity at an early age with divorced parents, a mother who struggled with alcoholism, siblings with mental health issues and a brother who tragically lost his life to brain cancer. While these issues often tear families apart, it brought Aesha's family closer together.

Following high school, Aesha went on to obtain a double science degree at Victoria University in Wellington, NZ. After working in a kiwifruit lab following graduation, Aesha decided she needed more adventure in her life and along with her sister went to Antibes, France, to look for work on a yacht. Her first job was as a deckhand on a small boat where she worked tirelessly for an unappreciative captain. She quit her job and returned home only to venture out again the following year, this time as a stewardess on a much larger boat where she finally got hooked on yachting life. She worked on yachts for five years before being approached about joining the *'Below Deck'* family.

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Aesha's hobbies include paragliding, yoga, travel, walking and she loves to lead a balanced, active lifestyle. While she frequently travels the world by land and sea, Aesha regularly moves between Australia, New Zealand and the United States for business projects, brand collaborations, events and media engagements. She is also a proud ambassador for Peace of Mind Foundation, a nationwide not-for-profit providing support to brain cancer patients and their families across Australia.

Aesha can be followed on Instagram where she has amassed over 1M followers at @aesha_jean.

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