



JANAY HARDING

Location: Auckland | **Height:** 176 cm

Hair Colour: Brown | **Eye Colour:** Brown | **Ethnicity:** European | **Ethnicity:** Māori

Janay Harding (Ngāi Tahu / Ngāti Kahungunu) is a Māori actor and presenter with a strong screen presence and a distinctive mix of physical training, real-world experience, and cultural grounding. A former international MMA fighter, she brings focus, discipline, and authenticity to every performance.

Janay currently presents RNZ's TAHI podcast, where she delivers with confidence, clarity, and a natural ease on camera. Her background in combat sports and media gives her a unique edge in screen roles that require physicality, calm under pressure, or real connection.

Her screen experience includes roles in Chief of War, Deep Water, Vince, and Madam. She is also a certified PADI Divemaster, trained to perform in high-stakes or action-based environments, including underwater.

Currently studying te reo Māori, Janay is committed to growing her cultural fluency and deepening her connection to te ao Māori—bringing language and representation to every role she takes on.

Professional, grounded, and adaptable, Janay Harding is available for film, television, presenting, and voice work in Aotearoa and beyond.

SKILLS

Accents	American - Standard, Australian, English
Dance	Hip Hop, Rock n Roll
Instruments	Guitar » Basic
Languages	Te Reo Maori



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collaborators@collaborate.co.nz | +64 9 908 9000 | collaborate.co.nz

Sports

Boxing, Brazilian Jiu-Jitsu, Combat Fighting, Crossfit, Judo, Kick Boxing, Mixed Martial Arts, Muay Thai, Pilates, Running, Scuba diving, Soccer / Football, Swimming, Weight lifting, Weights, Wrestling, Yoga, Combat Fighting » Combinations for Film & Television

