



NIKI BEZZANT

Location: Auckland

Elevate your next corporate event with insights from Niki Bezzant, a distinguished figure in the fields of health journalism, women's health, wellbeing and menopause. With an extensive background that spans over two decades in the New Zealand media industry, Niki has gained a reputation for simplifying complex health and scientific topics, making them comprehensible and engaging for a broad audience. Her game-changing book, "This Changes Everything - the honest guide to perimenopause and menopause," published by Penguin Random House in 2022, has become a bestseller in New Zealand, lifting the lid on a previously taboo topic. 2024 see Niki publish her second book, "The Everything Guide", which reframes ageing for a new generation, tackling body image struggles, mental health challenges; feeling 'lost' in midlife and reconnecting with ourselves. 2025 has seen her touring around NZ with Petra Bagust on their Hot Mess Tour.

Niki's professional journey is marked by her role in founding and leading some of New Zealand's most influential health and food publications. Her tenure as the founding editor of Healthy Food Guide magazine saw it rise to become the country's best-selling food publication, a position it held for over a decade. Her writing on health can be found in the New Zealand Listener and she makes regular appearances on RNZ's The Panel.

As a speaker, Niki Bezzant offers an engaging and informative perspective on topics critical to the wellbeing of midlife women, particularly around menopause. Her presentations are known for their ability to empower and inspire, blending rigorous research with practical advice. Niki addresses the complexities of menopause, from symptom management to the broader conversation around Hormone Replacement Therapy (HRT), with a focus on demystifying this significant life stage, and empowering women to take control of their health both now and in the future.

Her work extends beyond individual health, offering valuable insights into creating menopause-friendly workplace environments. By advocating for education and open discussion, Niki provides organisations with strategies to support their teams effectively, fostering a culture of empathy and inclusiveness.

For corporate organisations seeking to enrich staff events with meaningful and impactful content, Niki Bezzant's tailored presentations deliver not



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just information, but a transformative experience. Her ability to connect with audiences, combined with her expertise and a touch of humour, makes her an ideal speaker for companies aiming to promote a holistic approach to health and wellbeing in the workplace. Engage Niki Bezzant for your next event and introduce your team to a dialogue that is as enlightening as it is essential, setting the stage for a more informed, supportive, and vibrant corporate culture.

SKILLS

Other

Corporate Speaking, Industry Spokesperson, MC Events & Conferences, Presenting, Public Speaker, Radio Broadcasting, Radio Presenting, Television Presenter, Writing

Speaking Topics

Female Role Model, Healthy Aging, Inspirational, Keynote Speaking, Lifestyle, Menopause, Nutrition, Panel Discussions, Perimenopause, Well-being, Women's Health, Work-Life Balance

