



# NIKI BEZZANT

**Location:** Auckland

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Niki Bezzant is a distinguished writer, journalist, speaker, and author known for her ability to demystify intricate health and scientific concepts, making them accessible to a wide audience. Her book, "This Changes Everything - the honest guide to perimenopause and menopause" released by Penguin Random House in 2022, is the culmination of two years of intensive research and has topped New Zealand's bestseller chart.

With a career spanning over two decades in New Zealand media, Niki has been a regular contributor to leading print, online, and broadcast platforms. She was founder and editor of the Cuisine website and later founding editor of Healthy Food Guide magazine, building the latter from a fledgling startup into New Zealand's top-selling food publication, a distinction it maintained for over a decade. Niki has also held editorial roles at Thrive magazine and Woman magazine, currently writes for the NZ Listener and is frequently featured on RNZ's The Panel.

Niki is a sought-after guest speaker, known for her engaging presentations on topics related to menopause and midlife women's health. She's dedicated to empowering women, particularly those in midlife, with a vision of helping them become "vibrant, kick-ass old ladies."

Niki's speaking engagements are tailored to enlighten and inspire her audiences, drawing from her extensive research and practical insights. Her talks cover everything menopause, including identifying the stages of perimenopause, addressing common symptoms such as hot flashes, cognitive issues, mood fluctuations, sleep disturbances and body changes, and delving into the nuanced discourse surrounding Hormone Replacement Therapy (HRT). Niki is committed to dispelling myths surrounding menopause and shedding light on what works and what doesn't amid the increasing hype.

She also shares invaluable guidance on nurturing health for a vibrant and fulfilling second half of life. In the workplace, Niki offers strategies for fostering a menopause-friendly environment, education on how to support women going through this transition, and promoting open conversations about menopause. Importantly, her sessions invite questions and discussion, emphasising that no question is too trivial.

Niki's speaking engagements are highly adaptable, catering to the specific needs of her audience and event. Whether delivered online or in person,



her talks are characterised by empowerment, information-rich content, and a touch of humour. Through her engaging and informative presentations, Niki endeavours to make the topic of menopause as approachable and relatable as conversations about pregnancy or puberty, paving the way for a more informed and empathetic society.

"We had the pleasure of having Niki on our panel of speakers at our annual Craigs Women's Wealth Auckland Flagship event for 2024. Even though the event discussion was about Niki's personal journey, which she admitted to finding challenging to talk about, she delivered her story with grace and humility. It was an amazing story to hear and one that shows what a resilient and incredibly capable person she is. It has been wonderful to get to know her a bit more and we would welcome working with her again in future. Attendees were very impressed and found Niki to be very relatable and sincere." Craigs Investment Partners.

## 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

