

NIKI BEZZANT

Location: Auckland

Niki Bezzant is one of New Zealand's most trusted voices in health journalism, women's health, wellbeing and menopause, with more than 20 years' experience across the NZ media landscape. Known for making complex health and science topics easy to understand (and actually interesting), Niki brings the rare combo of credibility, warmth and real-world practicality, the kind that lands with a mixed audience.

In 2022, Penguin Random House published Niki's bestselling book, This Changes Everything: the honest guide to perimenopause and menopause, which helped bring menopause out of the shadows and into everyday conversation. In 2024 she followed with The Everything Guide, a modern take on ageing and midlife that tackles body image, mental health, feeling stuck, and how to reconnect with ourselves in a way that's realistic and refreshing. In 2025, Niki toured New Zealand with Petra Bagust on their Hot Mess Tour, selling out shows around the country.

Niki has also shaped the national conversation through her work in publishing. She was the founding editor of Healthy Food Guide magazine, which became New Zealand's best-selling food publication and held that position for over a decade. Her writing features in New Zealand Listener, and she regularly appears on RNZ's The Panel.

As a speaker, Niki is in demand for corporate organisations, conferences and leadership events looking for evidence-based wellbeing content that's relevant right now. She speaks on midlife wellbeing, hormones, sleep, stress, brain and heart health, and menopause — delivering practical, science-backed advice in a fun, conversational, open style. She's also a safe pair of hands for workplaces: credible, inclusive, and able to handle questions without judgement or awkwardness.

Signature session:
This Changes Everything: the menopause talk
The ultimate menopause education session — for everyone in your team, of any age or gender. This fascinating, informative and fun session covers what perimenopause and menopause actually are, what's happening in the body and brain, common symptoms and what to do about them, what the

latest science says about hormone therapy, and how to cut through the myths. Niki brings deep knowledge and lived experience, and no question is off-limits — it's practical, empowering and genuinely useful for anyone wanting to understand or support the people around them.

Niki's talks can be delivered in person or as a webinar, and tailored to your audience, from broad wellbeing education through to menopause-friendly workplace conversations that help teams communicate better and support each other well.

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

SOCIAL MEDIA

https://www.nikibezzant.com/