

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 across the local media landscape, she has a rare ability to take complex science and make it feel clear, useful and genuinely interesting.

Her work sits in that sweet spot between evidence and real life. Niki speaks to mixed audiences with warmth, intelligence and a very human sense of humour, which is why her writing, events and workplace sessions land so well with people of different ages, stages and backgrounds.

In 2022, Penguin Random House published Niki's bestselling book, This Changes Everything: the honest guide to perimenopause and menopause. The book helped move menopause into the open, giving people better language, better information and a bit more permission to talk about what was actually going on.

She followed it in 2024 with The Everything Guide, a modern look at ageing and midlife that tackles body image, mental health, feeling stuck and reconnecting with yourself in a way that feels honest rather than shiny. In 2025, Niki toured New Zealand with Petra Bagust on the Hot Mess Tour, selling out shows around the country and proving just how ready audiences are for smart, funny, no awkwardness conversations about midlife.

Niki has also helped shape the national conversation through publishing. She was the founding editor of Healthy Food Guide magazine, which became New Zealand's best selling food publication and held that spot for more than a decade. Her writing appears in New Zealand Listener, and she is a regular voice on RNZ's The Panel.

As a speaker, Niki is in demand for corporate organisations, conferences, leadership events and workplace wellbeing programmes. She speaks on menopause, hormones, sleep, stress, brain health, heart health and midlife wellbeing, always grounding the conversation in science while keeping the room relaxed, included and engaged.

Her signature session, This Changes Everything: the menopause talk, is built for everyone in the team, of any age or gender. Niki explains what

perimenopause and menopause actually are, what is happening in the body and brain, the symptoms people may experience, what can help, and what the latest science says about hormone therapy. No question is too awkward. That is part of the point.

Niki's talks can be delivered in person or as a webinar, and tailored for broad wellbeing education, leadership teams, menopause friendly workplace training or staff events that need practical content with heart. She is credible, inclusive and a safe pair of hands in rooms where people may be hearing this information properly for the first time.

Niki is also available for brand partnerships, content creation and expert led campaign work across health, wellbeing, women's health, menopause, ageing, food and lifestyle. Her audience is hugely engaged and loyal, built over many years through trusted journalism, practical education and the kind of honest conversation people come back to.

For brands wanting to connect with thoughtful, health conscious audiences, Niki offers credibility, editorial skill and a strong sense of what people actually need to hear. She can create content, support campaigns, front education pieces, contribute expert commentary and help shape messaging so it feels clear, responsible and human.

Her following trusts her because she has done the work. Niki knows the research, understands the media, reads the room, and never talks down to people. That combination makes her a strong fit for organisations and brands looking for substance, warmth and proper audience connection.

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/