

JANAY HARDING

Location: Auckland

Janay Harding is a Tainui and Ngāpuhi presenter, actor and former international MMA fighter with a natural ability to hold a room with confidence, humour and ease.

Known for her work across television, podcasting, sport and screen, Janay brings a fresh, grounded and highly engaging presence to live events, interviews, panels and brand moments. Her presenting experience includes A Game of Two Halves and RNZ's TAHI podcast, where she brings warmth, humour and a strong connection to rangatahi, culture, sport and entertainment. Her background in media, elite sport and performance gives her a rare mix of discipline, quick thinking and relatability, making her a strong choice for events that need energy, polish and a steady hand on the mic.

A former professional mixed martial artist, Janay has competed on the international stage and understands pressure, preparation and performance at the highest level. That experience translates powerfully into her work as an MC, where she brings focus, composure and a genuine connection with audiences. Her MMA career is publicly listed internationally, including her Bellator fight history and professional record. (Wikipedia)

Janay has also appeared on The Traitors NZ, with season two broadcast on Three in 2024. (Wikipedia) Her screen work includes Chief of War, Deep Water, Vince and Madam. Across every space she works in, Janay brings authenticity, cultural grounding and an easy charisma that feels modern, confident and distinctly Aotearoa.

She is well suited to sport, lifestyle, youth, wellness, entertainment, culture, brand and community events, particularly where the brief calls for someone who can connect with people, keep the energy moving and bring a strong sense of presence to the stage. Janay is co represented with We Are Tenzing.

SKILLS

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