

Kate Harrison: author, broadcaster, journalist



Kate Harrison is an **experienced broadcaster and print journalist**, with a TV & radio journalism background. **Her 18 novels and non-fiction books have sold over 1 million copies** and been **translated into more than 20 languages**.

Kate is based in Brighton, UK. She trained as a print journalist before working in **national and regional TV and radio**, including investigations and current affairs. She's worked as an on-screen reporter/correspondent and a producer. She now appears to talk about a variety of topics, especially **diet, mental health, creativity and publishing**. She also wrote the TV drama script for the 2006 **BBC ONE docu-drama, Angel of Death: The Story of Beverley Allitt**.

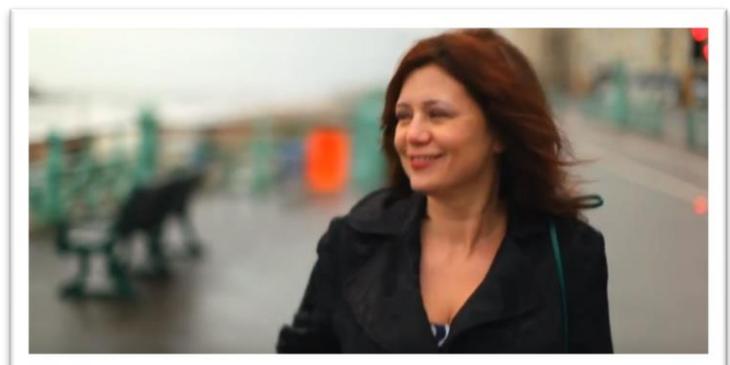
Kate has given **keynote speeches and presentations** at a variety of events, including Action on Hearing Loss, the Society of Authors and the Women's Institute.

She is an **experienced panel chair & interviewer** and she also undertakes media collaborations with selected food and health brands.

Her own interview-based health podcast, ***Live Happy, Eat Dirty***, **has been downloaded 250,000 times** and the **Facebook intermittent fasting group** she founded in September 2012 now has **65,000 members worldwide**.

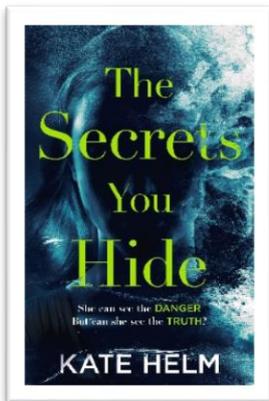
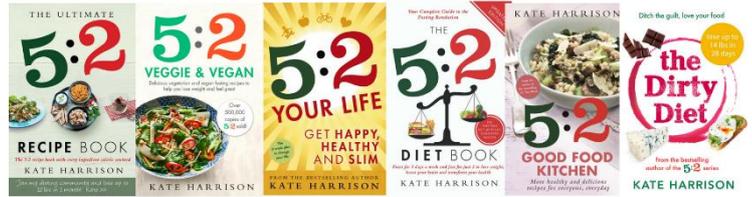


A short documentary, ***The Life of a Writer***, was made about Kate in 2012 by MGL Media – it's been viewed more than 65,000 times on YouTube.



Kate's areas of interest:

- **Health and diet:** 5:2 dieting and intermittent fasting, the microbiome, mental health, the dangers of clean eating and the emotional and practical needs dieters have. Plus personal experiences of long-term weight loss, menopause and depression. Kate has written 6 books about health, fasting and 5:2, and co-written a self-help book for depression sufferers.
- **Social media:** including founding and running one of the biggest health groups on Facebook (with over 65,000 members), the effects of media on body image and self-esteem, and strategies to improve life *offline*. Her teen trilogy *Soul Beach* dealt with the pressures on young people creating online personas.



- **Writing and publishing:** Kate has written a number of bestselling novels including thrillers (as Kate Helm), teen novels, women's fiction and romantic comedy. She can talk about indie self-publishing on Kindle vs. big publishers, plus how to start in writing and the future of books.
- **Other topics** including early onset hearing loss (Kate was diagnosed aged 32), choosing to be child-free, life in Brighton, studying with the Open University, and being an 'old school' vegetarian way before it was on-trend...

Broadcast credits: 20 years as a BBC producer and correspondent on TV and radio (BBC Radio 4, BBC West, BBC Midlands, BBC News & Current Affairs). Guest appearances on Lorraine on ITV, BBC TV & Radio, Sky TV, ABC Australia & many more.

Journalism and features written for The Times, Daily Mail, Good Housekeeping, Daily Telegraph, Red, Times Educational Supplement & many more.

Media collaborations: Kate has worked with brands including Glorious! foods, Kirsty's, Ohso chocolate and The Collective Dairy on competitions, offers and bespoke videos & campaigns. View the video campaign she made for Glorious.

Creativity Training: Kate led a team developing and pitching new programmes and formats for the BBC and wrote their in-house guide to creative ideas and audience insight. She now teaches authors and TV executives to develop stories & content. Kate is also co-founder of Write by the Beach, the annual conference for new writers in Brighton, and her online course, Pitch & sell your book focuses on using reader insight and trends.

Want to talk more? Get in touch:

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