

## **TARYN BRUMFITT, 2023 AUSTRALIAN OF THE YEAR, 'IN-CONVERSATION' WITH SEVEN NETWORK'S SUNRISE CO-HOST NATALIE BARR AT WOMEN IN MEDIA 2023 NATIONAL CONFERENCE**

Embargo: Sydney, 15 May 2023

Women in Media is thrilled to announce that Taryn Brumfitt, 2023 Australian of the Year, documentary filmmaker, author and body image advocate, will be 'in-conversation' with Natalie Barr, Seven Network's Sunrise co-host at the highly anticipated Women in Media National Conference 2023.

Taryn Brumfitt, who rose to international fame with her Body Image Movement campaign and documentary *Embrace*, will be sharing her story and discussing the importance of body acceptance and self-compassion in the media with Natalie Barr during the conference.

Taryn became an icon for people around the world in 2013 when she posted before-and-after images on Facebook that went viral. She has spent the last 10 years empowering people to discover what's possible when you embrace your life and purpose. Through her award-winning films, bestselling books and international speaking engagements, Taryn shares her powerful message and fierce determination.

"I am thrilled to be taking part in the Women in Media 2023 National Conference and having the opportunity to share my journey with such a wonderful group of women," said Taryn Brumfitt. "It is more important now than ever to create positive change in the way the media portrays and promotes body image, and I hope to inspire others to join me in this movement."

Natalie Barr, a household name in breakfast television, leading journalist, news reader and television presenter, will be facilitating the conversation with Taryn Brumfitt. As a prominent figure in Australian media, she understands the importance of empowering women and supporting their voices.

"I am honoured to be part of this important conversation with Taryn Brumfitt, a true inspiration to women everywhere," said Natalie Barr. "As a media industry, we have a responsibility to promote positive body image and diversity, and I look forward to hearing about her journey and how we all can lead happier, healthier lives."

The Women in Media National Conference, taking place in Sydney for the first time on 8-9 September 2023, is a premier event that brings together professionals from all areas of the media industry including journalism, communications, production, public relations, publishing and digital media.

Taryn joins already announced speakers Ita Buttrose AC OBE and MC Sandra Sully who will headline an impressive speaker line-up, with panel discussions, workshops, and networking opportunities, the conference aims to foster meaningful conversations and drive positive change in the media landscape. Attendees can expect an engaging and dynamic event that will leave them inspired and empowered. This two-day event is open to all members of the media industry.

"Taryn is a changemaker and extraordinary woman who will light up the stage at the Women in Media National Conference," said Victoria Laurie, Co-Chair, Women in Media.

"Her positive energy and fierce commitment are transforming lives. We're confident her inspiring story and conversation with Natalie Barr will uplift all in attendance and give us pause to reflect on her powerful message of change."

The Women in Media National Conference is open to media professionals from all backgrounds, and early bird registration is now open. Don't miss this opportunity to be part of an empowering and insightful event.

#### **TICKETS ON SALE NOW**

Early bird discounted [tickets](#) are available now with the full program, speakers and special guests to be revealed soon. <https://events.humanitix.com/women-in-media-national-conference-or-sydney-or-2023>

#### **ABOUT TARYN BRUMFITT**

Taryn is the co-Executive Director of The Embrace Collective, a health promotion charity that brings together global leaders, advocates and experts to guide the evolution of the body image movement into the next decade. Her 2016 documentary *Embrace* tackled the serious issue of women's body loathing and Taryn's path to body acceptance. It was seen by millions of people in 190 countries and is available on Netflix. For more information, visit <https://tarynbrumfitt.com/>.

#### **ABOUT WOMEN IN MEDIA**

Women in Media is a not-for-profit organisation that exists to help women in media excel, learn, contribute, and connect. With over 6000 members nationwide and branches in each state and territory, members work in all facets of the media including journalism, communications, production, public relations, publishing and digital media. Our initiatives aim to increase gender equality, extend leadership and economic participation opportunities for women, and build a safer, more respectful culture in Australian workplaces. For more information visit [www.womeninmedia.com.au](http://www.womeninmedia.com.au).

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