

Yumi Stynes

Broadcaster, Writer & Speaker

Yumi Stynes is a broadcaster and writer who's been working in Australian media for almost two decades, evolving from music reporter to her current, "more mature" focus as a writer on Arts, Culture, Food, Gender Politics and Human Sexuality. She's known for her honesty, warmth and humour.

Like many women, Yumi is juggling - she does a daily radio show, works on several writing projects (including two cookbooks, *Zero F**ks* and *Zero F**ks Endless Summer*), and regularly runs 10km for a laugh - all while raising four children. She fronts 'Ladies, We Need to Talk', the popular podcast with ABC Audio Studios and is the host of *Is Australia Sexist* on SBS television.

Alongside her love and passion for music, Yumi has a BA in History and Film from Monash University.

A portrait of Stynes by Yoshio Honjo was a finalist for the 2022 Archibald Prize.



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