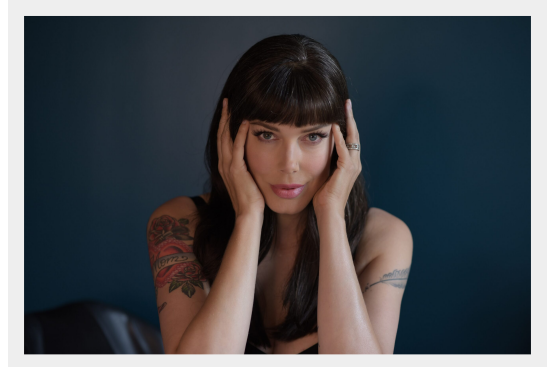


Tara Rae

Author, Advocate, Speaker, Healer

An internationally bestselling author of fiction and non-fiction books, an award-winning advocate, keynote speaker; and holistic practitioner.



Tara Rae (nee Moss) is an experienced documentary host and interviewer with a passion for research and human stories.

Tara hosted the true crime documentary series Tough Nuts - Australia's Hardest Criminals for two seasons the Crime & Investigation Network and Amazon Prime, Tara Moss Investigates on the National Geographic Channel and the author interview show Tara in Conversation on 13th Street Universal. She was also the host, co-executive producer and co-writer of Cyberhate with Tara Moss on Australia's ABC, examining the phenomenon of online abuse, and most recently a reporter and host of the true crime podcast, The Man in The Balaclava, for Audible. She has interviewed luminaries such as Gloria Steinem, Naomi Klein, Val McDermid, Michael Connelly and more.

Tara's passion lies with helping others and fueling positive change. She is an outspoken advocate for human rights and the rights of women, children, people living with pain and people with disabilities, and this focus informs all of her work. She has been a UNICEF Australia Goodwill Ambassador since 2007 and in 2014 she was recognised for Outstanding Advocacy for her blog Manus Island: An insider's report, which helped to break information to the public about the alleged murder of Reza Barati inside the Australian-run Manus Island Immigration Detention Centre. In 2018 she was named one of the Global Top 50 Diversity Figures in Public Life, along with Angelina Jolie, His Holiness The Dalai Lama and more.

After many years at the forefront of chronic pain advocacy, in 2023 she recovered from the debilitating pain condition Complex Regional Pain Syndrome (CRPS), that caused her to experience extreme burning pain rated on the McGill pain scale as above childbirth or amputation of a digit, caused her to rely on a wheelchair for mobility. She was told she would never recover. Now in remission after living with this illness for nearly 8 years, she has returned to writing, advocacy, speaking, and work as a certified holistic practitioner, offering work as a (Norse/Nordic) Shamanic Practitioner and Seiðkona, in the tradition of her ancestral mothers, and as a Reiki Practitioner, and a Funeral Celebrant her local community.

As a renowned keynote speaker, healer and champion for women and girls, Tara Rae can deliver bespoke sessions on courage; resilience; transformation; empowerment; as well as encouraging and advocating for equality. Tara Rae will show you how to harness the power and seize the opportunity to survive and thrive; heal your inner wounds; believing and backing yourself; and being heard.

Client testimonials

“ Tara’s informative, well-researched, motivational presentation gave the young women of our school a practical toolkit to assist them find their voice to make a real difference in their world. Her personal experiences and poignant insights were an inspiration to all who had the privilege of hearing her speak. Thank you, Tara, and keep up this very important work!

- *Ivanhoe Girls' Grammar School*

“ What an impressive woman - as we expected!! She was just wonderful. Her presentation was fabulous. I was very impressed with the lovely way in which she gave each person who had a book signed, some minutes of her personal attention. Very, very special!!

- *Women In Educational Leadership*

“ Tara was the perfect spokesperson and presenter for our Women In Insurance High Tea. She was able to captivate our audience like no other with her meaningful and inspiring words. We continue to receive glowing reviews with many sharing the important messages with colleagues and friends. On a professional level, Tara was very accommodating of our needs and was a delight to work with. Thank you Tara for assisting us in running a very successful event!

- *TAL*

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