

A portrait of a woman with blonde, wavy hair, smiling. She is wearing a dark turtleneck and has her arms crossed. The background is a solid dark blue.

Suzi Dent

**International Speaker | Author |
Advocate | Media Commentator**

Featured On

ABC, ITVX, Paramount and Amazon Prime Video

One Voice Can Create a Ripple That Changes the World

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Who is Suzi Dent?

Some lives follow a straight path.

Mine never did.

For more than four decades, I have embraced reinvention—not because I set out to reinvent myself, but because every new chapter invited me to become a little braver than the one before.

I began my career in television as a hair and makeup artist, working behind the scenes on film sets, television productions and with some of Australia's most recognised public figures.

From there I built one of Australia's first bridal hair and makeup agencies, led award-winning businesses, became an author, stepped onto the international stage representing Australia as Mrs Earth Australia, and discovered a voice I never knew I had.



Life has taught me that our greatest opportunities often arrive disguised as our greatest challenges.

One decision to speak up changed the course of my life.

Not because it brought recognition, but because it showed me the extraordinary ripple that one voice can create.

Today I stand on stages around Australia and internationally speaking about courage, communication, resilience, positive ageing and the power of finding your voice. I believe every person has a story worth telling. Every life has purpose. Every challenge holds the possibility of transformation.

If my story encourages just one person to live more courageously, speak more honestly, or believe in themselves a little more, then every chapter has been worthwhile. Because in the end...

Our stories are not simply meant to be remembered.

They are meant to create ripples.

AND THOSE RIPPLES HAVE THE POWER TO CHANGE THE WORLD.

Who is Suzi Dent?

More Than One Chapter

Mrs Earth Australia 2017 – Crowned Mrs Earth Australia and represented Australia at the Mrs Earth International Final in Las Vegas, where I was placed Third Runner-Up in the World and awarded the international title of Mrs Earth Health 2017.

Mrs Earth Ambassador – Awarded honorary lifetime Ambassador status in recognition of my ongoing advocacy and community work.

Australian Beauty Pageant Awards – Role Model of the Year (2018) – Recognised for my leadership, advocacy and positive influence following my international pageant journey.



Some journeys don't follow a straight path – and that's where the magic happens.



What your audience will take home

I don't simply share my story. I help audiences discover what's possible on their own.

Every keynote I deliver is designed to create conversations that continue long after the event has ended, leaving people inspired to embrace change, find their voice and believe their best chapter may still be ahead.

Your audience will leave with

- A renewed belief in what's possible.
- Greater confidence to embrace change.
- Permission to begin their next chapter.
- Practical inspiration they can apply immediately.
- The belief that one person really can create a ripple that changes the world.

“The greatest keynote isn’t measured by applause... it’s measured by what people choose to do next.”

Signature keynotes

The Ripple Effect

One Voice Can Create a Ripple That Changes the World

One courageous decision has the power to influence families, workplaces, communities and generations.

This keynote explores courage, communication, leadership and the extraordinary impact each of us can have when we choose to use our voice with purpose.



Ageing Without Apology

Why Your Best Chapter Might Still Be Ahead

A refreshing and uplifting keynote that challenges outdated beliefs about ageing and inspires audiences to embrace confidence, reinvention and possibility at every stage of life.

Because there is nothing anti about ageing.

When Life Whispers

The Courage to Say Yes Before You're Ready

Sometimes life changes not through grand plans, but through one unexpected invitation.

Through humour, vulnerability and powerful storytelling, I share how recognising life's whispers transformed my confidence, my purpose and ultimately prepared me for the moments that mattered most.

This keynote encourages audiences to recognise the whispers in their own lives and find the courage to step into their next chapter.

Trusted by International Media

For more than four decades, my work has led to interviews, documentaries and media appearances across Australia, the United Kingdom and internationally.



Feature documentaries

Rolf Harris - Prime Time Predator

ABC Australia | Amazon Prime UK, Ireland & Malta

Hiding in Plain Sight

ITVX United Kingdom

National Treasure, National Disgrace

Paramount+

Podcasts

Anything Goes with James English

Australian True Crime

Think Network

Unfiltered Stories

Television

ABC News
ABC 7.30
Good Morning Britain
Sunrise
The Project
A Current Affair
Studio 10
ITVX News
Channel 9 News
TVSN

Magazines & Newspapers

The Mirror (UK)
The Times (UK)
Marie Claire
Australian Women's Weekly
Woman's Day / Now To Love
New Idea
Mamamia
The Guardian

The Daily Telegraph
Sydney Morning Herald
The Canberra Times

Gold Coast Bulletin
News.com.au
Yahoo News
MSN
PressReader

Whether speaking to a television audience, sitting behind a podcast microphone or standing on stage, my message remains the same:

One Voice Can Create a Ripple That Changes the World.



Audience response

“From the minute she entered the room, you could feel Suzi’s energy.”

Television / Brand Representative

“Suzi is a natural on screen. Her warmth, confidence and authenticity create an immediate connection with audiences, and the viewer engagement during her TVSN appearances was outstanding.

She arrived fully prepared, was an absolute pleasure to work with, and brought professionalism, positivity and a genuine can-do attitude to every show.

*We would have Suzi represent our brand again in a heartbeat.”

Kirsty Stroeger – Founder, Nature's Help & Turmeric Australia

Event Organiser

“Suzi's professionalism, warmth and ability to engage an audience made our fundraising comedy night a tremendous success. She kept our guests entertained, connected them to our cause and created a wonderful atmosphere throughout the evening.

The feedback from our guests was overwhelmingly positive, and we would certainly love to work with Suzi again.”

Denise Grace – Volunteer Events Manager, Agape Outreach

International Women's Day

“If you want an entertaining speaker who can inspire, motivate and genuinely connect with an audience, I can thoroughly recommend Suzi Dent.

She had our International Women's Day audience laughing, reflecting and feeling empowered. It was a truly uplifting experience.”

Gayle Alessio OAM – Principal, Clover Hill State School



Let's start the conversation

Connect with Suzi

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Discover my books, podcast and latest media appearances by scanning the

QR code or visiting suzident.com

