

## OFFICIAL BIO

# HI, I'M TAMSEN

For Tamsen, turning 50 sparked new experiences, insights, and questions about midlife.

Donning her journalist hat, she began gathering information, talking to experts, listening to other women's stories, and learning more about navigating my next "now what" in new, bold ways. Out of these exploration and experiences, she realized how many other women face similar questions, challenges and opportunities to move forward with confidence, courage and curiosity.

This life transition launched her into her role as a midlife enthusiast. Nicknamed the "TikTok Fairy Godmother", she shares tips and advice with over 200k+ followers so that women do not feel alone during this stage in their lives. Tamsen also hosts the podcast Coming Up Next with Tamsen Fadal which guides women moving through midlife changes, menopause, new career directions and all the other choices and possibilities that they may face at this time in their life. On the podcast, she curates experts, thought leaders and everyday stories about women doing extraordinary things to provide inspiration and tips for her listeners so that they too can approach their own "now what" with confidence.

Tamsen has a long history of uncovering the stories that inspire others throughout her career.

While reporting is her profession (earning her 13 Emmy Awards for reporting on Hurricane Sandy, the Columbia Shuttle crash and the Afghanistan war), Tamsen's passion is telling women's stories that often happen behind the headlines. She travels around the globe with UNICEF to document its work, particularly focusing on the struggles faced by women and families in areas of the world most of us will never see for ourselves. Tamsen brings their stories into homes and hearts, and reveals how these women transform their lives in the midst of significant life changes.





Tamsen is the author of multiple books, in which she empowers women to navigate change and create new beginnings. Her third book, *The New Single: Finding, Fixing and Falling Back in Love with Yourself*, delivers tools, insights and hope to other women in the midst of their own divorce experience. Her much anticipated fourth book focused on empowerment at midlife is underway.

In everything she does, Tamsen is laser-focused on equipping women with the tools and perspective they need to design the life they want for themselves. She is an experienced and respected media personality and go-to expert on navigating transitions and has been interviewed by dozens of magazines, radio programs and TV outlets on how to reshape your mindset, move past your fears and create what you want at every age. These include HLN, *The Insider*, *The Talk*, *the Today Show*, *Good Morning America*, *Lifetime*, *A&E*, and the *CBS Early Show*. With her production company *Take Flight Productions*, Tamsen hosts and is the co-executive producer of *The Broadway Show*, the first weekly nationally syndicated show airing in 118 television markets. This show tells stories about Broadway both on and off the stage in partnership with the John Gore Organization and *Broadway.com*. It airs on *Broadway.com* weekly, and long-form interviews can be seen on hotel distribution channels across the country.

Tamsen is a strong voice in the fight against Breast Cancer and Breast Cancer Awareness after losing her mother to the disease in 1990 and her stepmother in 2022. She works with *Let's Talk Menopause*, *Breast Cancer Research Foundation* and is a National Board Member of *Best Buddies International*.