

Fiona Phillips

Journalist & Broadcaster

Journalist and broadcaster Fiona Phillips is probably best known for her 12 years on the GMTV sofa; ITV's iconic flagship breakfast show. This role saw her interview giants of entertainment, politics and current affairs whilst breaking the big stories and issues that the country woke up to each day.

Throughout her career Fiona's authenticity, warmth, intellect and sense of humour has won her the affection of a national audience and seen her build a reputation as one of the country's most well-respected broadcasters.

With a wealth of impressive credits to her name, Fiona has presented across various channels and genres throughout her career. Notable projects include;

- Mum, Dad, Alzheimer's and Me for (Channel 4 Dispatches)
- Panorama - Finished at 50? (BBC1)
- Panorama – Undercover Elderly Care (BBC1)
- Panorama – Hacked; Smart Home Secrets (BBC1)
- Watchdog (BBC1)
- The Killer in Me (ITV)
- The Truth About...(BBC1)
- Shop Smart Save Money (C5)
- Holding Back The Years (BBC1)
- The Trouble With...(C5)

More recently Fiona has presented BBC1's the Truth About Sugar, Truth About Stress and Truth About Healthy Eating, as part of the channel's investigative science documentary series. She also fronted the ratings hit The Trouble With...Marks & Spencer for C5 and Holding Back the Years for BBC1 which explored living longer and healthier, whatever your age.

Fiona is a popular and sought-after commentator and guest, and has appeared on an array of shows including Daily Politics, Question Time, Daybreak and The One Show; she's also regularly called upon for opinion pieces. With footholds in both factual and current affairs, Fiona is also no stranger to shiny floor entertainment having participated in series three of the iconic BBC juggernaut, Strictly Come Dancing! Having started her career in independent radio, she has also hosted a number of popular radio shows including her own Sunday morning show for BBC London and Smooth Radio and regularly presents a podcast series where she interviews the CEO's of large, national brands including BT. A confident and captivating speaker, Fiona is also an in demand corporate event and awards host.

Fiona is an ambassador for the People's Postcode Lottery, an organisation whose players have helped raise over £99 million for a number of both national and global charities and initiatives, something she's incredibly proud to be a part of. She also writes a hugely popular weekly column for the *Mirror* and has written editorial for a vast array of publications including *Tesco Magazine*, *Woman and Home*, *Good Housekeeping* and the *Saturday Express Magazine*. Having forged a successful career on screen, Fiona is also a published author having released her bestselling book *Before I Forget*, which was published by Random House to critical acclaim.

A passionate campaigner for a number of national charities, Fiona is an ambassador for Age UK, The Alzheimer's Society, Alzheimer's Research UK, Carers UK, The Prince's Trust, MIND, Plan International and Missing People. She holds an Honorary Master's Degree from Solent University in Southampton for her contribution to journalism and broadcasting and is an Honorary Fellow of Cardiff University.