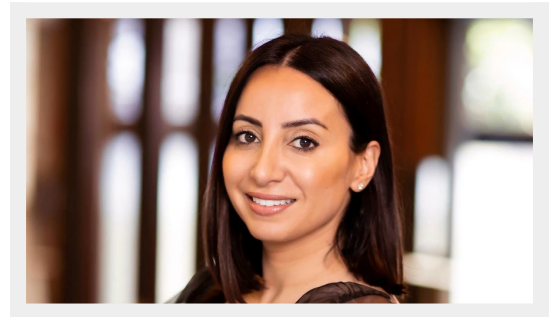


Antoinette Lattouf

Journalist, Advocate, Author, MC and Keynote Speaker

Antoinette Lattouf is a broadcaster, columnist, author, international speaker, mental health ambassador, diversity advocate, mother of two girls and terrible at reverse parking.



The multi-award-winning journalist is co-host of Listnr's daily news and analysis podcast 'The Briefing'. She can also be heard guest-hosting ABC Sydney. Her columns appear in the Sydney Morning Herald, The Guardian, Mamamia and Women's Agenda.

Antoinette has held reporting and presenting roles at Network 10, SBS, ABC and triple j. Antoinette has also been a guest host for ABC's Catalyst program. She's been a commentator on ABC's Q&A, The Drum, Insiders, Sky News, Network 10's The Project, Studio10, SBS's Insight, The Point and The Feed.

Antoinette is also the co-founder of Media Diversity Australia — a not-for-profit organisation working towards increasing cultural and linguistic diversity in the media.

Antoinette's first book 'How to Lose Friends and Influence White People' was published by Penguin Random House in May 2022. It is a witty and approachable anti-racism guide and an honest exploration of the modern manifestations of systemic racism in Australia today, and how we, as a collective, can take steps to make change. Providing practical tools, using warmth, humour, and research to share evidence-based solutions that can be used by anyone - from a seasoned advocate who is a person of colour, through to a suburban white teenager.

In 2019, Antoinette was named among AFR's 100 Women of Influence. In 2021 she was awarded a Women's Agenda Leadership Award and B&T Women in Media's Champion of Change. In 2022, she was an Influencer of the Year Finalist at the Third Sector Awards. In peer-selected awards at her year 10 high school formal, Antoinette was awarded Most Likely To Die A Virgin.

Antoinette gave a TEDx talk in Sydney called 'reverse discrimination doesn't exist but tokenism does'. Here she tackled the pale, stale, male phenomena by adding what she dubbed 'Gayle' to the mix as a beneficiary of privilege and bias.

Antoinette is also an Ambassador for the parent's mental health organisation Gidget Foundation after experiencing debilitating post-natal depression and anxiety with her second child. She now quite likes both of her children. Antoinette also detailed her harrowing journey on ABC's You Can't Ask That.



Antoinette Lattouf is a MC and keynote speaker who has worked with not-for-profits, writer's festivals, charities, corporates, major brands and government agencies. She's hosted book launches, chaired panels, emceed fundraisers, and participated in national and international debates. She only swears when absolutely necessary.

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