

Yumi Stynes

Broadcaster, Writer & Speaker

Yumi Stynes is a broadcaster and writer who's been working in Australian media for almost two decades, evolving from music reporter to her current, "more mature" focus as a writer on Arts, Culture, Food, Gender Politics and Human Sexuality. She's known for her honesty, warmth and humour.

Like many women, Yumi is juggling - she does a daily radio show, works on several writing projects (including two cookbooks, Zero F**ks and Zero F**ks



Endless Summer), and regularly runs 10km for a laugh – all while raising four children. She fronts 'Ladies, We Need to Talk', the popular podcast with ABC Audio Studios and is the host of Is Australia Sexist on SBS television.

Alongside her love and passion for music, Yumi has a BA in History and Film from Monash University.

A portrait of Stynes by Yoshio Honjo was a finalist for the 2022 Archibald Prize.

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