

Georgie Dent

***Former Lawyer, Journalist, Gender Advocate,
Keynote Speaker & Host***

Georgie Dent knows what it is like to experience a total breakdown, then live through the long and challenging process of recovery. She was just 24 when, as a young lawyer with a leading Australian legal firm, she was admitted to a psychiatric hospital. Since her recovery, Georgie has worked as a journalist, editor, and prominent advocate for women's empowerment, gender equality and mental health.



An accomplished and professional speaker and communicator, Georgie Dent has developed a strong media profile and is often engaged to both speak at and MC/ facilitate corporate events. Georgie's clients have included ANZ, Westpac, Griffith University, Hall & Wilcox, Bank of Queensland, The Australian Alliance Girls' Schools, The Growth Faculty, Business Chicks, St Vincent's Health & many more.

More about Georgie Dent:

In 2005 Georgie Dent graduated from the Queensland University of Technology with a double degree in business and law, with distinction.

At the completion of her tertiary studies, Georgie joined Minter Ellison lawyers in Sydney and was admitted as a solicitor in 2006. In 2008, after recovering from a nervous breakdown, she pursued a career in journalism, joining BRW magazine as a reporter. While at BRW, Georgie developed a particularly keen interest in the subject of women and business, in particular, where were they all? It's a question she's remained focused on answering.

Having children of her own proved illuminating, in a practical sense, around the barriers that can and do impede women's participation in the workforce. Importantly, it fuelled Georgie's determination to have Australia's problem with women and work recognised and addressed.

That passion and determination led to Georgie being headhunted and appointed acting editor of Women's Agenda back in 2013 before being appointed contributing editor of the same publication. She is also a contributing editor at Marie Claire and a columnist with the Sydney Morning Herald. Georgie is a regular television commentator on *The Drum* and *ABC Weekend Breakfast* and has made appearances on *Lateline*, *Weekend Sunrise*, Channel 9's *Today Show*, *The Project*, *Studio 10* and *Sky News*. She also has a strong social media profile with more than 30,000 followers between Twitter, Facebook & Instagram who enjoy her sharp and witty commentary on women, politics,



health, money, family and everything in between.

Georgie was recognised for her advocacy in the inaugural Women's Empowerment Journalism Awards in Singapore in 2014, where she was a finalist in the journalist of the year category. In 2015 she was a finalist in the inaugural Our Watch Walkley Awards, recognising excellent reporting of domestic violence.

In 2018, at the invitation of the Swedish Government, Georgie attended the Stockholm Forum on Gender Equality. She was identified as a global change maker who could help intensify efforts for a gender equal world.

Georgie's best-selling memoir, *Breaking Badly*, was published by Affirm Press in May 2019 to critical acclaim. Documenting her decline towards total breakdown then her recovery, the book covers chronic illness, mental health, and the toxic pursuit of perfectionism.

Breaking Badly has been described as 'brutally honest and warmly engaging'. Annabel Crabb described it as 'funny, shocking, beautifully written ... a fascinating account of one woman's hand-to-hand combat with her own mind.' It needed to be reprinted 24 hours after being officially published.

Georgie Dent lives in Sydney with her husband and their three daughters.

Georgie Dent talks about:

- *Breaking Badly*: A cautionary tale from a woman who fell apart.
- How I manage anxiety.
- Why perfectionism isn't a humblebrag. It's toxic.
- Self-care, burn out and why hating your job isn't the only way to live.
- Getting real about mental health.
- True self care is not bubble-baths & chocolate cake.
- Women. Like men but cheaper.
- Why homelessness is a crisis for Australian women.
- Why normalising men as carers will help women at work.
- Feminism, patriarchy & the whole damn mess.
- Why merit is a myth.
- Everything I've learned as a female journalist online.

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