

Jessica Rowe AM

Television presenter, author and journalist

Jessica Rowe is one of Australia's best-known television presenters and a popular keynote speaker who is renowned for her highly topical presentations, her warmth, humour and empathy.

Jessica began her broadcasting career in 1993 and has held various positions with Australia's leading commercial television networks including a decade as co-anchor of Network Ten's *First at Five News* and as the co-host of *Studio Ten*. She has also co-hosted Nine Network's *Today Show* and was part of the Seven Network's news-reading team and *Sunrise* and *Weekend Sunrise* programs.

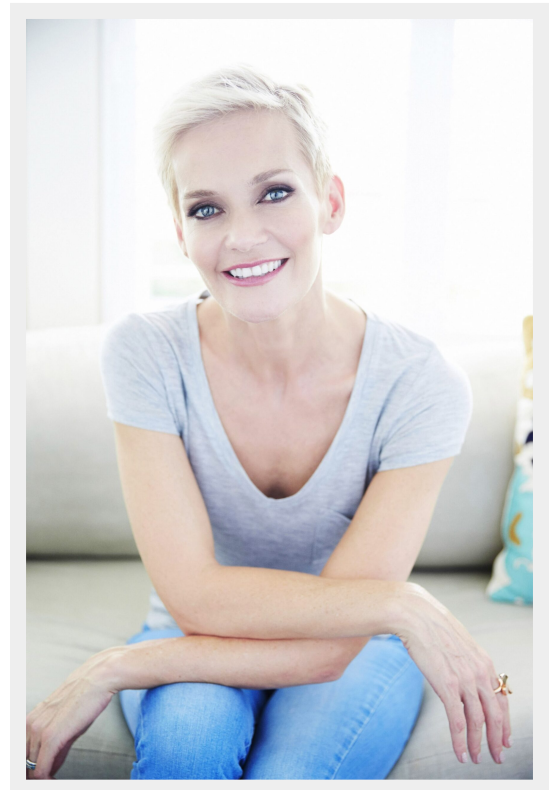
A best selling author, Jessica's books include *The Best of Times*, *The Worst of Times*, *Love. Wisdom. Motherhood.* and her 2015 memoir *Is This My Beautiful Life?*

A self confessed 'crap housewife', Jess has gathered a strong and loyal following with her #craphousewife movement, uniting and celebrating other mothers who, like Jess, sometimes feel like they are not the perfect mother, wife or cook. With humour and honesty, Jess shares her amusing misadventures on CrapHousewife.com.

Jess has teamed up with her best friend and TV icon, Denise Drysdale, for a new weekly podcast titled *One Fat Lady and One Thin Lady*. Recorded live at Jess' dining room table, Jess and Denise compare their very personal, hilarious and candid tales of family, work, relationships and all the bits in between that we call 'life.'

Jess is a passionate advocate for mental health awareness, having herself experienced post natal depression. Jess is an ambassador for beyondblue and a patron of Mental Health Australia. In 2015 Jess was honoured as a Member of the Order of Australia for her mental health advocacy work and her contribution to Australian media.

Jess is married to Nine News Sydney presenter and 60 Minutes reporter Peter Overton and together they have two young daughters, Allegra (11) and Giselle (8).



Client testimonials

“ Jessica was very well received by the audience of some 400 rural and regional women. She address the audience with honesty and compassion and a real understanding of their many faceted roles as women in current times. Her humour and warm heartedness enhanced her address and left women with the feeling of being uplifted and appreciated.

- *Parkes Rural Women's Gathering Inc*

[VIEW SPEAKER'S BIO ONLINE](#) 

