

Sarah Harris

Television Presenter & Journalist



As the former co-host of Network Ten's The Project, Sarah Harris brings a rare blend of wit, intelligence, and charisma to every broadcast. With over a decade of experience reporting on major stories around the globe, she has honed the skill of connecting with audiences and guiding high-profile guests with ease.

Sarah has also hosted four seasons of Shark Tank, where she showcased Australia's brightest entrepreneurial talent, and fronted network specials including Easter with The Australian Women's Weekly and Christmas with The Australian Women's Weekly. She continues to appear on programs such as The Sunday Project, Hughesy, We Have A Problem, and Have You Been Paying Attention?

A Sydney-born, Queensland-raised TV Week Logie-nominated presenter, Sarah is the national ambassador for The Smith Family.

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