



Diversity and the Media

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Bridgid Nzekwu

Bridgid Nzekwu is Director of Media Training at PA Media. She is a sought-after presenter, corporate host and award-winning media trainer. In 2018 she was named 'Outstanding Woman in Professional Services' at the 2018 Precious Awards, recognising her work as a specialist media trainer coaching high-profile spokespeople and PR/comms teams in the public and private sectors.

A former broadcast journalist, Bridgid was the UK's first mixed-race female newsreader, initially presenting bulletins for 5News and joining Channel 4 News in 1999. She is best known as a presenter and reporter for Channel 4 News for 10 years and has also anchored ITV News and 24-hour rolling news programmes. During the financial crisis, as the Money Reporter at Channel 4 News, Bridgid led coverage of consumer, business and economics stories with a daily segment on the lunchtime show. She received a Special Commendation at the Personal Finance Awards in 2008 and was a finalist in the 2009 Business Journalist of the Year Awards.

Bridgid has presented programmes for the Embarrassing Bodies series (Channel 4) and has written in the Sunday Times about her experiences of surviving cancer twice, undergoing radical breast cancer surgery and treatment.