



Andrea McLean

AUTHOR · CELEBRITY · INFLUENCER · MEDIA PERSONALITY

Menopause, anxiety and midlife transition are still managed quietly in most organisations, even as they shape the working lives of a large share of the senior female workforce. The cost shows up in attrition, in lost confidence at the point women should be moving into their most senior roles, and in a workplace conversation that policy alone cannot carry. Personal voice, told well, is what shifts the room.

Andrea McLean is a broadcaster, author and CEO of This Girl Is On Fire who speaks to organisations about midlife reinvention, menopause and the inner life of women navigating high-pressure careers.

Andrea McLean's 2026 Biography

Why organisations work with Andrea McLean

- Thirteen years anchoring *Loose Women* gives her a craft of audience handling that few corporate keynote speakers can match, useful for events that need a host who can hold a room as well as deliver content.
- She speaks publicly about her own surgical menopause, breakdown and career exit, which lets internal audiences raise menopause and midlife anxiety as workplace issues without the conversation feeling clinical or performative.
- As co-founder and CEO of This Girl Is On Fire, she brings the perspective of someone who has built a women's personal growth business from scratch, not just a presenter reading a script on the topic.
- *Confessions of a Menopausal Woman* and *This Girl Is on Fire* gave her a defined, recognisable position in the UK menopause and midlife conversation, useful for employer events targeting women in their forties and fifties.
- She can move between keynote, panel chair, awards host and after-dinner storyteller in the same engagement, which suits women's networks, internal D&I events and customer-facing brand evenings.

Biography highlights

- Longest-serving anchor of ITV's *Loose Women*, on the panel from 2007 to 2020.
- Began her television career as a GMTV weather presenter in 1997, building a 24-year run across UK daytime broadcasting.
- Author of four books published with Hodder & Stoughton and others, including *Confessions of a Menopausal Woman* (2018) and the Sunday Times bestseller *This Girl Is on Fire* (2020).
- Co-founder and CEO of This Girl Is On Fire, a women's personal growth platform launched in 2018 with masterclasses, podcast, app and live

AVAILABLE FOR

- Coaching
- Moderating and Emcee
- Panel Participation
- Speaking
- TV and Media

ANDREA'S SPEAKING THEMES

- Diversity, Equity & Inclusion
- Employee Wellbeing
- Mental Health in the Workplace
- Motivation and Inspiration
- Resilience & Stress Management
- Storytelling & Business Communication

LANGUAGES: English

events.

- Has interviewed Oprah Winfrey, Beyoncé, Drew Barrymore and Michael Bubl  across her broadcasting career.
- Runs a CPD-accredited media coaching course used by founders, authors and executives preparing for high-stakes broadcast appearances.

Biography

Most organisations still treat menopause, anxiety and midlife reinvention as private events that happen to women alongside their work, rather than as workplace issues. The result is a steady, quiet loss of senior women at exactly the point they should be moving into their most influential roles. Andrea McLean has spent the past decade turning that private territory into public conversation.

For thirteen years she anchored ITV's *Loose Women*, the longest-serving lead on a panel show built around women talking honestly about their lives. The role gave her a particular kind of authority: the craft of holding a room of strangers, and the experience of doing it while navigating a surgical menopause, anxiety, two divorces and, in 2019, a public breakdown that became the trigger for leaving television.

In 2018 she co-founded *This Girl Is On Fire* with her husband Nick Feeney, a personal growth platform for women that now runs masterclasses, a podcast, an app and live events. *Confessions of a Menopausal Woman* and *This Girl Is on Fire* established her as a recognisable UK voice on midlife women's health and reinvention, with the second book reaching the Sunday Times bestseller list.

She is most useful to organisations that need someone who can host an event, deliver a keynote and answer questions about midlife transition without flinching. The audience is usually a women's network, a D&I forum, or a customer event aimed at women in their forties and fifties. The substance is personal, the room is her craft, and the topic is one she has built a company around.

Key speaking topics

- Menopause in the workplace
- Midlife reinvention for senior women
- Anxiety and personal recovery
- Women's networks and inclusion events
- Storytelling for high-stakes communication
- Confidence and career pivots
- Building a business in midlife

Ideal for

- Women's networks and ERGs at large employers
- D&I and wellbeing events focused on women aged 40 to 55
- Customer-facing brand evenings and awards nights needing a host with on-air craft
- Internal leadership events seeking a candid voice on midlife transition and resilience

Audience outcomes

- A frank, named account of menopause, anxiety and recovery delivered

without clinical distance.

- Permission for senior women in the room to raise midlife and health issues as workplace topics.
- A story of leaving a high-profile career and building a business in midlife, useful for audiences considering their own pivot.
- A room held with the pace and warmth of a broadcaster, not the rhythm of a corporate presenter.

Andrea McLean's 2026 talks & topics

Overcoming Fear

A personal account of working through anxiety, surgical menopause and a public breakdown while staying in front of a live studio audience.

Key takeaways:

- How fear functions differently in midlife and what shifts when it is named in public
- The cost of hiding personal struggle inside a high-visibility career
- Practical first moves for women who want to act on a long-postponed change

Rebuilding With Confidence

A talk on leaving an established career and building This Girl Is On Fire from scratch, aimed at women considering reinvention after a long tenure in one role.

Key takeaways:

- What it actually takes to leave a defining career rather than wait it out
- How midlife confidence is rebuilt from work rather than from affirmation
- The specific habits that supported the transition from broadcaster to founder

Andrea McLean's Videos



What Andrea McLean's clients say

Andrea spoke at our Twenty Club members dinner held at Home House and attended by over 100 people. Andrea was the perfect guest and speaker with her fascinating, humble and humorous stories from the start of her career till now, where she has turned her passion for supporting other women into her latest venture, she inspired and entertained us all. She also answered numerous questions and spent time with our guests after speaking which was much appreciated .

I have had so many comments from our members and guests who loved hearing her journey and particularly her bravery regarding resigning from her high-profile job and focusing on helping women. In fact, many said they would have loved to hear more about that element of her life, so we may have to get her back! Fun fact - the March dinner historically is the quietest but thanks to Andrea we had a full house.

Damian Hopkins

President - The Twenty Club, Co-Chair - The Retail Trust

We invited Andrea to be our keynote speaker at our Audience With Event, and she absolutely smashed it. The members loved her, and she created such a lovely vibe in the room - she had us all on the edge of our seat, laughing one minute and in awe the next. We were humbled listening to her story - it's easy to see why the world loves her so much.

Ruchira Talwar

MD, Foundxrs Club

Andrea hosted the evening with warmth and grace. She made me feel empowered talking about my life story in such a gentle and encouraging way.

Jessica Huie MBE

Author and Mentor

Andrea was such a pro; it was a privilege to work with her and have her support on such an important evening.

Matthew Hussey

Author and Relationship Coach

It was amazing to hear about Andrea's personal journey and advice to girls in the audience. Everyone was so inspired and the feedback has been fantastic. Andrea played a huge part in making the event so special and full of empowering energy!

Katrina McDonnell

Projects & Communications Manager, Inspiring Girls International

It was an absolute joy and privilege to spend last Saturday with Andrea. I cannot thank her enough for being present and leaning into everything that the day brought. I set out to create the space for visibility, a place for every woman to feel seen. A space where women can build community with each other and create connections that help each other achieve personal and professional success. What happened on Saturday was beyond my expectation and I honestly cannot wait to repeat it all over with Andrea and many more women in June.

Tessy Ojo CBE

CEO, The Diana Award

Andrea was an absolute joy it was to work with. I loved helping her to write her story and her enthusiasm and willingness to try stuff out was a gift for me. Hearing the audience laugh at her monologue and seeing how beautifully she performed it gave me goosebumps. She's brilliant.

Rachel Stubbings

Writer/Director

Andrea was incredible - this is the second time she has hosted this awards ceremony for us and we were delighted to have her back!

Jayne Alexander

Managing Director, The Dovetail Agency

Andrea did a great job for us and really connected with our audience. Everyone appreciated that she stayed and spoke individually to the nominees and winners for so long afterwards, she made everyone feel special.

Selma Day

Editor, Mayfair Times

Working with Andrea has been a total joy from the beginning. The passion that she has for helping and inspiring people is incredible. Between us we curated a series of events which were interactive, thought provoking, inspiring and inclusive which is exactly what we aim to do with our events at WeWork. Our members loved every session and were engaged from start to finish.

Jennie Becker

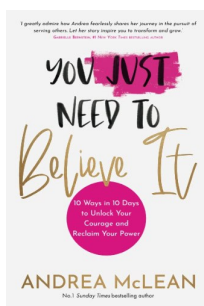
Director of Events and Activations, UK & Ireland

Wow! What an absolutely brilliant morning! So proud to have been part of putting this together, but the credit must go to all of our Legacy Club members and guests for turning out, AllBright Members Club for the beautiful venue and service, and last but by no means least the outstanding, honest and very talented host Andrea McLean.

Chris Caffrey

Founder, Legacy Club

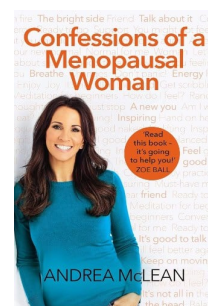
ANDREA'S LATEST BOOKS



You Just Need to Believe It: 10 Ways in 10 Days to Unlock Your Courage and Reclaim Your Power



This Girl Is on Fire: How to Live, Learn and Thrive in a Life You Love



Confessions of a Menopausal Woman: Everything you want to know but are too afraid to ask...