



# ellaJAMES

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## ...ELLA JAMES INFORMATION

With her instantly recognisable honeyed tones, you will feel like you've known Ella James forever. And you probably have...Ella has over 20 years experience in the Australian media in radio, tv and print. She has appeared on Television, film, and on stage, both as an actor and stand up comedian.

Ella began researching positive psychology 10 years ago while working on ABC radio and has since made the key elements of optimism and resilience a part of her life. Handy tools to have when you've been fired as many times as she has. Not because she failed mind you...but the media and performance industries are industries that capture the notion of 'change' like no other.

In her career, Ella has worked as a journalist, read radio news, hosted the breakfast show on Sydney's 2DAY FM; hosted talkback on 2GB, 2UE and nationally on ABC radio. She has presented TV shows on Channel 9 and Channel 10. She has broadcast to UN peacekeepers in the Middle East and Asia, appeared at conferences across Asia and Australia, and travels to Japan to record Satellite Navigation systems for Denso Corp. Ella has appeared in a Tropfest finalist film, on stage, and got as far as the state finals of the International Comedy Festival.

