

Viv Groskop

Journalist & Broadcaster

"An award-winning columnist & interviewer"

Viv Groskop is a writer, comedian, broadcaster and podcaster. She is the creator of the How to Own the Room podcast, and author of the book of the same title, as well as books covering everything from life lessons from literature to her experiences as a stand-up.

TOPICS:

- Business
- Women in Leadership
- Wellness & Work-Life Balance
- Inspirational & Motivational

LANGUAGES:

She presents in English .

PUBLICATIONS:

2021 Lift as you Climb

2018 How to Own the Room

IN DETAIL:

A journalist for much of her professional life, Viv joined Esquire after university before moving to the Express and becoming a columnist on the Sunday Express by the age of 25. Combining her day-job writing with working as a comedian, she performed for five years at the Edinburgh Fringe, and undertook 100 gigs in 100 nights. Viv is the author of the bestselling How to Own the Room: Women and the Art of Brilliant Speaking, an entertaining celebration and analysis of women public speakers from politics to comedy to campaigning. It combines a look at inspiring figures in all areas of public life with tips and revealing insights into how to speak effectively in public, both in person and on virtual platforms (how to own the Zoom). A regular guest and presenter on Radio 4, Viv has appeared on Front Row, Saturday Review, Saturday Live, Woman's Hour, Today, and The World Tonight.

WHAT SHE OFFERS YOU:

Viv offers audiences an inspiring but also instructive look at how women from politics to comedy have overcome personal, professional and mental setbacks to become great leaders and successful in life and business.

HOW SHE PRESENTS:

A highly entertaining and engaging speaker, Viv is a popular choice at a variety of events and conferences.