

**Blogger of the Year 2020**

**Top 10 Yorkshire Influencer  
2020**

**Campaign For Good award  
2019**

**Top 10 Parent Vlogger 2018**

**NCTJ Awards for Excellence**

**Amnesty International Media  
Award**



# Sophie Mei Lan

BROADCAST JOURNALIST, PRESENTER, HEALTH &  
MEDIA CONSULTANT AND ONLINE INFLUENCER

## CURRICULUM VITAE

### About Sophie

Sophie is a multi-award-winning broadcast journalist, presenter, author, speaker and business owner.

She has presented her own documentaries for ITV News, Channel 4 News and BBC News as well as running her own health blogs, vlogs and businesses with a popular youtube channel with more than 20 million views and her own published book 'Eat. Sleep. Control. repeat' documenting her life from self-harm to self-love.

Yorkshire mum-of-two Sophie, who is mixed race, has a passion for fitness, bellydancing and motivating others to get active, speak out and overcome barriers they face to succeed in mind, body, career and life.

### Experience

Sophie is a qualified Journalist with a PGdip in Journalism (NCTJ Award Accredited) and she has trained with BBC News,C4 News and on national newspapers.

Sophie runs Evoke Media Group Ltd, Yorkshire Families, Blog Up North influencer network, Squats and Sparkles health club, Bellydancer Sophie and her own personal blog Mama Mei documenting her own experience of mental health and wellbeing..as well as being an unconventional family up north.

### Online Following



10k



20k



35k



44k

# Current Work

- Sophie Mei Lan writes a newspaper column, presents a range of videos and consults charities & businesses on social media, public speaking and Health & wellbeing issues,
- Mama Mei blog, vlog and podcast: Sophie's life and personal journey from 'self-harm to self-love,' a Squats and Sparkles Women's Health Club and a published book Eat, Sleep. Control. Repeat.
- Evoke Media Group Ltd: An all female video production & social media coaching company.
- Yorkshire Families Magazine: A site and group to help all families in Yorkshire get active, explore and save money.
- Blog Up North: An influencer marketing network to support influencers and businesses up north.
- Squats and Sparkles: Women's holistic health club, dance classes and fitness tips to help all women feel strong in mind, body and soul.
- Sophie trains charities, businesses and vulnerable people with social media skills, multi-media and performing arts.

## Work Experience

- Sophie Mei Lan: Freelance Journalist, Film-Maker and Presenter - current.
- Blogger, Vlogger and columnist. Specialising in mental health, wellbeing and northern communities - current.
- Actor, Dancer & Presenter - 2008 - current.
- Newspaper Journalist: JPI Media, Metro, Daily Mirror, The I and Huffington Post - 2015-2017.
- BBC News: Journalism Trainee Scheme, BBC Online and BBC Radio - 2014-2016
- Documentary-maker: C4 news, ITV News and Bauer Media. 2011 - 2014.

# Qualifications

- Post-Graduate diploma in Broadcast Journalism (NCTJ accredited), University of Salford Media City UK.
- BA Hons Philosophy, Italian & social sciences, University of Manchester.
- Teaching English as a Foreign Language (TEFL)/ Tesol .
- . Breastfeeding Peer Supporter - Level 2
- 13 GCSEs & 5 A-Levels (Languages & Humanities).
- Foundation in Arabic Dance, JWAAD and Zumba Teacher training certificate.
- Currently studying Gym Instructor Level 2, Personal Training Level 3 and Mental Health - Level 2.

## Skills

- A certificate and experience in Presenting, Public Speaking and Reporting.
- Published Author, journalist, columnist and blogger.
- Entrepreneur: Sophie has run a range of businesses from catering to marketing and selling ethical products.
- A trained dancer and dance teacher with a passion for holistic health and feel-good fitness.

# Contact Sophie

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**[MamaMei.co.uk](http://MamaMei.co.uk)**

**[EvokeMediaGroup.co.uk](http://EvokeMediaGroup.co.uk)**

**[YorkshireFamilies.co.uk](http://YorkshireFamilies.co.uk)**

**[BlogUpNorth.co.uk](http://BlogUpNorth.co.uk)**

