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# TEENA GATES

**LONDON  
SPEAKER  
BUREAU**

- Irish broadcast journalist and media personality



## Topics

- Facilitators

Teena Gates is a successful media trainer, author, TV presenter, radio broadcaster and journalist, with 30 years experience of working in radio in Ireland. She was Breakfast News Presenter for two decades at 98FM, where she was also Head of News until December 2013. In addition she is a popular motivational speaker, and is frequently called upon to share the lessons she has learned from her success in losing 13 stone in two years, battling serious health issues and taking on extreme physical challenges for charity.

She is much in demand as a media trainer for both broadcast and corporate clients, providing targeted training in journalism, broadcasting, presentation skills, public speaking and social media. She has a wealth of experience in this field, having spent a quarter of a century broadcasting with, leading, training, and mentoring the news teams at 98FM. Prior to joining 98FM she worked as a news anchor at 2FM. Gates holds two PPI radio awards for 'News Programme' and 'News Bulletin'.

As a motivational speaker, Gates' experiences in training for and achieving her goals translates well to all walks of life. Since recovering her health, she has climbed to base camp Mount Everest, Island Peak, Grand Paradiso in the Alps, and has completed a multi-trip adventure to Uganda to climb a volcano and cycle 200k to kayak rapids on the Nile. 2014 sees her back in training to climb Mount Elbrus in Russia, the highest mountain in Europe, and one of the Seven Summits – the seven highest peaks on seven continents.

In 2013 she presented a new TV programme on Setanta with Athena Media called 'Get Off the Couch'. A six part series inspiring six ordinary people to change their lives by getting active and healthy in the great outdoors. She is also a columnist for Outsider Magazine, and accompanies walking holidays with Travel Department as a motivational guide. Gates is Adventure Ambassador for The Great Outdoors, Helly Hansen Killarney Adventure Race, and Travel Department. As well as, Fundraising Ambassador for The Hope Foundation, Concern Ireland and LauraLynn Children's Hospice.

She previously worked with Radio West in Mullingar, Super Pirate Q102, NRG Radio Dublin, Press Association London, and has lectured in Media and Communications with BCFE Ballyfermot College of Further Education and FAS. She is a founding member and current board member of the Learning Waves Radio Skillnet.

Writing of her adventures in her motivational book 'One Foot In Front Of The Other' (2012), Gates candidly explores the mental challenges of both losing weight, and in taking on extreme physical challenges.