

RESHMI NAIR

REAL TALK, REFINED



Live host & journalist | @CP24 & CBC alum | Edward R. Murrow
Award winner | Adventurer. Sunseeker. Storyteller.



SHORT BIO

Reshmi Nair is an award-winning journalist and dynamic live host known for her work with CP24, CBC, and CTV. With a bold on-air presence and empathetic storytelling style, she brings intelligence and heart to every story—whether anchoring breaking news or exploring human lives with nuance and care.

About

Reshmi Nair is a dynamic live host and seasoned journalist with a rich background in broadcast media. With extensive experience hosting prominent programs such as CP24 Tonight (CP24/Bell Media Studios), NewsNight on Quibi (CTV News), Four Rooms (CBC Television), and CBC News Network, Reshmi is known for her confident on-camera presence and skillful handling of live broadcasts and high-stakes panel discussions.

Her versatility spans news, lifestyle, and current affairs, and she's equally adept at anchoring breaking news as she is exploring human stories with empathy and insight.

Reshmi brings authenticity, intelligence, and heart to every project, making her a compelling and trusted voice in Canadian media.

MEDIA



Podcast Guest



Give 30 on CBC News
Now with Reshmi Nair



CBC News Now: Reshmi
Nair interviews Dr.
Janice Du Mont

CLIENTS



Career Highlights

- Canadian journalist and media personality
- Former anchor for CP24 (Canadian 24-hour news channel)
- Background in radio and television broadcasting
- Professional experience includes roles with: CBC (Canadian Broadcasting Corporation), CTV News

EXPERTISE

Hosting

Public Speaking

MC / Event Emcee

Panel Moderator

Broadcast Journalism

Media Training

Speaking Topics

Strengthening Journalism
in a Polarized World

Representation in Canadian
Media: How Far We've
Come, and What's Next

Hosting with Heart:
Creating Trust on
Screen and Off

Building Confidence
On-Camera and
On-Stage

Crisis Coverage: Ethics,
Accuracy, and Emotional
Intelligence

Amplifying Underrepresented
Voices: A Journalist's
Responsibility

From the Newsroom to the
Stage: Public Speaking
Strategies for Every Setting

Why Your Voice Matters:
Tips from a Public
Speaking Coach



Reshmi provides training and coaching in areas like crafting compelling messages, managing interviews, and adapting to various media platforms, including print, radio, TV, and digital media.

What you'll learn:



MESSAGE DEVELOPMENT



ON-CAMERA PRESENCE



INTERVIEW SKILLS



CRISIS COMMUNICATION

Get In Touch

Whether you're preparing for media appearances, public speaking, or want to boost your confidence in high-stakes settings — Reshmi Nair can help.



Reshmi Nair



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