

Lizzy Hoo

Lizzy Hoo is many things – a noodle enthusiast, designer, sports lover, and rescue greyhound owner.

Lizzy is also a stand-up comedian, presenter, writer, and actor – and over the last few years has become one of the most in demand and hilarious live performers in Australia. You may have seen her on *Have You Been Paying Attention?*, *The Weekly*, *The Hundred with Andy Lee* or *The Cook Up with Adam Liaw*. Her stand up has also appeared on numerous *Melbourne International Comedy Festival Galas*, the *2025 RAW Comedy Final* and *Just For Laughs Australia*.

In 2022, Lizzy released her stand up special [Hoo Cares](#) on Amazon Prime Video worldwide to great acclaim, including a nomination for Best Stand-Up Special at the 2024 AACTA's.

Lizzy is a master of mining her life (and family) for material that inevitably leaves audiences wanting more. Her hilarious, self-assured, observational style has resonated with comedy-goers around the world, with her stand-up clips garnering millions of views online.

Now the host of her own weekly podcast – *The Lizzy Hoo Show* – she's helping her guests open up about the chaos of life, in a time where no one has it all together.

It's been a sharp rise to stardom, having only given stand-up a go for the first time in 2017, as a way to gain more self-confidence in the workplace. Safe to say it worked out pretty well.

"Hoo exudes the kind of rambunctious confidence that's sure to have her scaling the venue's bigger spots in no time. ★★★★★" Time Out

"The confidence of a title fighter who has won before she's even set foot in the ring." ★★★★★ The Age

LIVE SHOWS

- 2025 **Deja Hoo – Solo Show**
Perth Fringe, Adelaide Fringe, Melbourne International Comedy Festival, Brisbane Comedy Festival
- 2024 **Hoo's That Girl – Solo Show**
Perth Fringe, Adelaide Fringe, Hobart Festival of Comedy, Canberra Comedy Festival, Gold Coast Laughs Festival, Melbourne International Comedy Festival, Sydney Comedy Festival, Brisbane Comedy Festival
- 2023 **Woo Hoo! – Solo Show**
Perth Fringe, Melbourne International Comedy Festival, Sydney Comedy Festival, Brisbane Comedy Festival, Darwin Festival
- 2023 **Ride Queens – Split Bill w/ Geraldine Hickey**
Adelaide Fringe
- 2022 **Hoo Cares?! – Solo Show**
Melbourne International Comedy Festival, Brisbane Comedy Festival, Sydney Comedy Festival
- 2022 **Chicksal 500 – Split Bill w/ Celia Pacquola, Cal Wilson, Geraldine Hickey, Jordan Barr and Lizzy Hoo**
Adelaide Fringe
- 2021 **Hoo Dis? – Solo Show**
Melbourne International Comedy Festival, Sydney Comedy Festival, Comedy Store – Encore Show
- 2021 **Chicksal 500 – Split Bill w/ Denise Scott, Cal Wilson, Geraldine Hickey and Lizzy Hoo**
Adelaide Fringe
- 2020 **Sydney Opera House Digital Series: Lizzy Hoo & The Stevenson Experience – Split Bill**
Joan Sutherland Theatre, Sydney Opera House
- 2019 **Hoo Am I (What's My Name) – Solo Show**
Melbourne International Comedy Festival, Sydney Comedy Festival
- 2018 **Ferris Wheel Club – Split Bill with Claudia Rae & JT**
Sydney Fringe

TELEVISION

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|---------|--------------|---|
| 2025 | ABC TV | <i>Have You Been Paying Attention?</i> (Panelist) |
| 2025 | ABC TV | <i>Crime Night!</i> (Guest) |
| 2025 | SBS | Host – <i>RAW Comedy Final</i> |
| 2025 | ABC TV | <i>Melbourne Comedy Festival Opening Night Gala</i> (Comedy Spot) |
| 2025 | ABC TV | <i>Guy Montgomery's Guy Mont Spelling Bee</i> (Guest) |
| 2025 | ABC TV | <i>Hoo Cares?! (StandUp Special)</i> |
| 2025 | ABC TV | <i>Claire Hooper's House of Games</i> (Guest) |
| 2025 | NITV | <i>Big Backyard Quiz</i> (Guest) |
| 2024 | Network 10 | <i>Have You Been Paying Attention?</i> (Panelist) |
| 2024 | ABC TV | <i>A Bite To Eat With Alice</i> (Guest) |
| 2024 | ABC TV | <i>Question Everything</i> (Guest) |
| 2024 | SBS | <i>Shaun Micallef's Origin Odyssey</i> (Guest) |
| 2024 | ABC TV | Host - <i>Melbourne International Comedy Festival Gala</i> |
| 2024 | ABC TV | <i>Monday's Experts</i> - (Guest) |
| 2024 | SBS | <i>The Cook Up With Adam Liaw</i> (Guest) |
| 2024 | Network 10 | <i>Celebrity Deal or No Deal</i> (Guest) |
| 2023 | Channel Nine | <i>Getaway</i> (Guest Host) |
| 2023 | Network 10 | <i>The Cheap Seats</i> (Guest) |
| 2023 | ABC TV | <i>Question Everything</i> (Guest) |
| 2023 | Prime Video | <i>Hoo Cares?! (StandUp Special)</i> |
| 2023 | Network 10 | <i>Have You Been Paying Attention?</i> (Panelist) |
| 2023 | ABC TV | <i>Melbourne International Comedy Festival Gala</i> (Comedy Spot) |
| 2023 | Channel 7 | <i>Escape To...</i> (Co-host) |
| 2022 | Channel 9 | <i>The Hundred with Andy Lee</i> (Guest) |
| 2022 | Network 10 | <i>Just For Laughs Australia</i> (Comedy Spot) |
| 2022 | SBS | <i>Celebrity Letters & Numbers</i> (Guest) |
| 2022 | ABC TV | <i>Melbourne International Comedy Festival Gala</i> (Comedy Spot) |
| 2022 | Channel 7 | <i>Good Friday Appeal</i> (Guest) |
| 2021-22 | SBS | <i>The Cook Up with Adam Liaw</i> (Guest) |
| 2021 | ABC TV | <i>Australia Talks Comedy Debate</i> (Debater) |

2021	ABC TV	<i>Melbourne International Comedy Festival Gala</i> (Comedy Spot)
2019	Network 10	<i>Just For Laughs Australia</i> (Comedy Spot)

RADIO & PODCASTS

2025	podcast/MIK	<i>The Lizzy Hoo Show</i> (Host)
2025	ABC Radio	<i>TGIF! With Charlie Pickering</i> (Regular Guest)
2025	HIT	<i>Carrie & Tommy</i> (Guest co-host)
2025	HIT	<i>The Roast of Carrie Bickmore</i> (Speaker)
2024	podcast/DM	<i>Shitutions</i> (Host)
2024	podcast/SBS	<i>Grand Gestures</i> (Host)
2023	podcast	<i>Wilosophy with Wil Anderson</i> (Guest)
2023	podcast	<i>Born Funny with Jimmy and Nath</i> (Guest)
2023	podcast	<i>Picture Discuss hosted by Merrick Watts</i> (Guest)
2023	ABC Radio	<i>The Saturday Quiz</i> (Guest)
2021-22	podcast	<i>This is The Thing</i> (Co-Host)

Lizzy has regular appearances on all major Australian radio networks including ABC, SCA, ARN, Fairfax and iHeart.

OTHER NOTIBLE WORK

2025	<i>Feastival</i> – Falls Creek (Comedy Spot)
2025	<i>Upfront</i> – Melbourne Comedy Festival (Comedy Spot)
2025	<i>Newcastle Comedy Festival Gala</i> (Comedy Spot)
2025	<i>Queenscliff Music Festival</i> (Comedy Spot)
2024	<i>Palorchestes: Highly Individual</i> - ABC Education (voiceover)
2023	<i>The Great Debate</i> - Melbourne International Comedy Festival (Team Captain)
2022	Host - <i>Comedy Connections: Melbourne & Malaysia</i> – Melbourne Comedy Festival online
2021-23	<i>Melbourne International Comedy Festival Roadshow</i> (Comedy Spot)
2021	<i>Hughesy & Friends</i> – Melbourne Comedy Festival Online Program (Comedy Spot)
2021	<i>Comedy Up Late</i> – Melbourne Comedy Festival (Comedy Spot)
2020	Support – Tom Gleeson, Sydney Opera House
2020	<i>Let's Laugh Gala</i> – Sydney Opera House (Comedy Spot)
2020	Support – Wil Anderson, Comedy Store
2018	<i>Just For Laughs Sydney</i> , Sydney Opera House (Comedy Spot)
2017	NSW State Finalist – <i>RAW Comedy</i>

Lizzy has also done commercial work for numerous brands such as Air Asia, Optus, Dan Murphy's, Broadsheet x AHM, Koala Mattresses, City Of Melbourne, Vodafone, Meat Livestock Australia, Melbourne Food & Wine Festival and Sydney Festival.

She is also an in-demand corporate MC and comedian having hosted and performed at events for a wide range of organisations such as Canva, Fight MND, Essendon Football Club, Headspace, AON and Master Builders.

Exclusively represented by Token Artists.
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