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 2023, 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

2026 ***Says Hoo* – Solo Show**
Perth Fringe, Adelaide Fringe, Darwin Comedy Festival, Canberra Comedy Festival, Melbourne International Comedy Festival, Brisbane Comedy Festival, Sydney Comedy Festival, Edinburgh Fringe Festival, London.

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

2026	ABC TV	Melbourne Comedy Festival Opening Night Gala (Comedy Spot)
2026	SBS	Asian Allstars Gala (Host)
2026	Paramount +	Cop This! (Cast)
2026	ABC TV	Tonight At The Museum (Guest)
2026	SBS	Cup Fever (Guest)
2025	ABC TV	Have You Been Paying Attention? (Panelist)
2025	ABC TV	Crime Night! (Guest)
2025	SBS	Host – RAW Comedy Final
2025	ABC TV	Melbourne Comedy Festival Opening Night Gala (Comedy Spot)
2025	ABC TV	Guy Montgomery's Guy Mont Spelling Bee (Guest)
2025	ABC TV	Hoo Cares?! (StandUp Special)
2025	ABC TV	Claire Hooper's House of Games (Guest)
2025	NITV	Big Backyard Quiz (Guest)
2024	Network 10	Have You Been Paying Attention? (Panelist)
2024	ABC TV	A Bite To Eat With Alice (Guest)
2024	ABC TV	Question Everything (Guest)
2024	SBS	Shaun Micallef's Origin Odyssey (Guest)
2024	ABC TV	Host - Melbourne International Comedy Festival Gala
2024	ABC TV	Monday's Experts - (Guest)
2024	SBS	The Cook Up With Adam Liaw (Guest)
2024	Network 10	Celebrity Deal or No Deal (Guest)
2023	Channel Nine	Getaway (Guest Host)
2023	Network 10	The Cheap Seats (Guest)
2023	ABC TV	Question Everything (Guest)
2023	Prime Video	Hoo Cares?! (StandUp Special)
2023	Network 10	Have You Been Paying Attention? (Panelist)
2023	ABC TV	Melbourne International Comedy Festival Gala (Comedy Spot)
2023	Channel 7	Escape To… (Co-host)
2022	Channel 9	The Hundred with Andy Lee (Guest)
2022	Network 10	Just For Laughs Australia (Comedy Spot)
2022	SBS	Celebrity Letters & Numbers (Guest)
2022	ABC TV	Melbourne International Comedy Festival Gala (Comedy Spot)
2022	Channel 7	Good Friday Appeal (Guest)
2021-22	SBS	The Cook Up with Adam Liaw (Guest)
2021	ABC TV	Australia Talks Comedy Debate (Debater)
2021	ABC TV	Melbourne International Comedy Festival Gala (Comedy Spot)
2019	Network 10	Just For Laughs Australia (Comedy Spot)

PODCASTS

2026 Pod Laver Arena (for Tennis Australia) (Host)
2026 Inherited (Guest)
2025- 26 The Lizzy Hoo Show (Host) - MIK Studios
2024 Shituations (Host) - DM Studios
2024 Grand Gestures (Host) - SBS
2023 Wilosophy with Wil Anderson (Guest)
2023 Born Funny with Jimmy and Nath (Guest)
2023 Picture Discuss hosted by Merrick Watts (Guest)
2021-22 This is The Thing (Co-Host)

RADIO

2025-26 HIT *Carrie & Tommy* (Fill in co-host)
2025 HIT *The Roast of Carrie Bickmore* (Speaker)
2025 ABC Radio *TGIF! With Charlie Pickering* (Regular Guest)
2023 ABC Radio The Saturday Quiz (Guest)

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

AWARDS

2026 **Winner - Pinder Prize -** Melbourne International Comedy Festival

OTHER NOTABLE WORK

2025/26 Air Asia (Partnership)
2026 Golf Australia (Ambassador)
2026 Melbourne International Comedy Festival Roadshow (Comedy Spot)
2026 Comedy In The Vines (Comedy Spot)
2025 Feastival – Falls Creek (Comedy Spot)
2025 Upfront – Melbourne Comedy Festival (Comedy Spot)
2025 Newcastle Comedy Festival Gala (Comedy Spot)
2025 Queenscliff Music Festival (Comedy Spot)
2024 Palorchestes: Highly Individual - ABC Education (voiceover)
2023 The Great Debate - Melbourne International Comedy Festival (Team Captain)
2022 Host - Comedy Connections: Melbourne & Malaysia – Melbourne Comedy Festival online
2021-23 Melbourne International Comedy Festival Roadshow (Comedy Spot)
2021 Hughesy & Friends – Melbourne Comedy Festival Online Program (Comedy Spot)
2021 Comedy Up Late – Melbourne Comedy Festival (Comedy Spot)
2020 Support – Tom Gleeson, Sydney Opera House
2020 Let's Laugh Gala – Sydney Opera House (Comedy Spot)
2020 Support – Wil Anderson, Comedy Store
2018 Just For Laughs Sydney, Sydney Opera House (Comedy Spot)
2017 NSW State Finalist – RAW Comedy

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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