

# Sez

Comedian, Musician, Writer, Content Creator, Producer

Sez is a comedian, musician, writer, content creator and producer, offering the world a valuable Gen Z perspective.

Five foot nothing and armed with a guitar, mic and a 'I don't give a shit' attitude, Sez invites her audience into the trenches to explore the world around her. Through stand-up, sketches, characters, and folk-pop songs, she has struck a chord with millions on social media and comedy crowds at shows around Australia.

You might think Sez is just an insufferable influencer uploading wacky videos to the internet - and you're 100% right! With material about accidentally bleeding in a one-night stands bed, crying into a kebab, her partner sleeping with her best mate and dating f\*\*kboys, her viral moments hit home over and over again.

"If you only see one dyslexic, bisexual musical comedian this festival, make it Sez." ★★★★★ *The Age, 2025*

"A stack of personal and wonderfully cringey anecdotes, and a willingness to plunder her life for laughs." ★★★★★ *The Age, 2025*

"She times her callbacks like a pro, snort-laughing along with the crowd at what she's getting away with." ★★★★★ *The Age, 2025*

"Sharp songwriting and laugh-out-loud punchlines." *The Scoop, 2025*

"A comedy and musical gem rolled into one" *The Scoop, 2025*

## LIVE SHOWS

- 2025 *Keeps Me Young* – Solo Show  
Melbourne International Comedy Festival, Sydney Comedy Festival,  
Brisbane Comedy Festival, Perth Comedy Festival
- 2024 *Digital Footprint* – Solo Show  
Melbourne International Comedy Festival, Sydney Comedy Festival
- 2024 *Breast of the Fest* – Line Up Show  
Melbourne International Comedy Festival

## NOTABLE LIVE WORK

- 2025 Comedy Spot – *Hatred of Poetry Debate*
- 2025 Comedy Spot – *Melbourne International Comedy Festival Roadshow*
- 2025 Comedy Spot – *TikTok Awards*
- 2025 Comedy Spot – *Feastival*



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### Melbourne

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[www.token.com.au](http://www.token.com.au)

2025 Comedy Spot – *Party In The Paddock Music Festival*  
 2024 Red Carpet Presenter – *Music Victoria Awards*  
 2024 MC - The Gift – *Meredith Music Festival*  
 2024 Support – Nick White – Hobart, Tasmania  
 2023-24 Host - *Sunday Scaries* – Monthly Comedy Show

## AWARDS

2023 The Push - #25Under25 Australian Music's Best & Brightest New Faces

## TV

2021 & 23 Network Ten - *The Project* (Guest)

## RADIO & PODCASTS

2025 Wilosophy with Wil Anderson - Guest  
 2024 Confessions of an Idiot with Sammy Peterson – Podcast – Guest  
 2024 Am I The Arsehole with Sammy Peterson – Podcast – Guest  
 2024 Phone Hacks with Mike Goldstein and Nick Capper – Podcast – Guest  
 2024 Figuring Out 30 with Bridget Hustwaite – Podcast – Guest  
 2024 Triple J – Weekends with Luka Muller and Jordan Barr – Guest  
 2023 Gaytkeeping with Sam and James – Podcast – Guest  
 2022-23 Triple J – Dave Ruby Howe – Guest  
 2023 Ladies We Need To Talk with Yumi Stynes – Podcast – Guest  
 2023 Triple J – The Hook Up – Guest  
 2022 Matt and Alex – Podcast – Guest  
 2022 Bevz with Sez – Podcast – Host and Producer  
 2021-22 SYN Radio – Program Host and Producer  
 2021 Child of 98 – Podcast – Host and Producer  
 2020 Sorta Ya Life Out – Co-Host and Producer

## COMMERCIAL AND SOCIAL MEDIA CAMPAIGNS

Sez has written, created and executed social media content for various brands, festivals and organisations including:

Anaconda, Bumble, M&Ms, MSI Asia Pacific, Netflix, Oatly, Public Transport Victoria, Respect Victoria, Sony Music, Spotify, Split Milk, Sun Cycle Music Festival & George Ezra, The Daily Aus, U by Kotex, UBank, UberEats, Visit Ballarat, Who Gives a Crap.



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**Represented by Token Artists.**

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