



# Izzy Hammond

*Presenter and Podcast Host*

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Izzy Hammond is a rising star in the automotive and entertainment world – and an advocate for open conversations around mental health.

Izzy's passion for automobiles is in her DNA. Izzy grew up with a love for Formula 1 racing and a deep appreciation for all things automotive. She has since forged her own path as a car enthusiast and popular presenter.

Since 2024, Izzy has hosted Oracle Red Bull Racing's behind the scenes series, *Showrunners*, capturing incredible stories and insights from the world of a show car team. Whether she's behind the wheel, attending races, or engaging with fellow enthusiasts, Izzy embodies the spirit of the next generation of petrolheads.

Izzy's foray into the media world has seen her make notable appearances alongside her father on the YouTube channel DriveTribe, and on TV shows including Sunday Brunch and Lorraine.

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However, it is her latest venture, the podcast 'Who We Are Now,' co-hosted with Richard Hammond, that truly exemplifies her commitment to meaningful dialogue. Together, the father-daughter duo delve into the complexities of modern masculinity, mental health and societal issues.

With a blend of sincerity and humour, they aim to demystify and destigmatise these topics, inviting listeners on a journey of introspection and understanding. Joined by a revolving door of special guests, they navigate discussions ranging from mid-life crises to the nuances of raising daughters, all while questioning conventional norms and celebrating individuality.

Izzy continues to break barriers in traditionally male dominated sectors like the automotive world, whilst simultaneously aiming to improve and encourage awareness of male mental health. She brings a refreshing perspective and a genuine desire to explore who we are now, paving the way for a brighter, more inclusive future both on and off the race track.