



Lauren Laverne

6Music Breakfast Show host, writer and broadcaster

Lauren Laverne is a multi-award winning broadcaster with over twenty years' experience working in broadcasting and the music industry.

You can hear Lauren as the daily host of BBC 6Music's Breakfast Show and weekly at the helm of the prestigious Desert Island Discs on BBC Radio 4. You can also catch her on TV as a regular co-host of BBC1's The One Show.

During her career Lauren has worked for every major British television network and on BBC Radio 1, 2, 3, 4, 5 Live and 6Music. Her current Breakfast Show boasts 2.4m listeners and BBC 6Music is the UK's most listened-to digital station.

Lauren's career started within the music industry, moving to London as a teenager when her band Kenickie won a record deal. Guest appearances on shows like Never Mind the Buzzcocks led to further opportunities in music television, from BBC's Glastonbury coverage, to MTV and Transmission for Channel 4.

In 2005, Lauren took over the XFM Breakfast Show and was the first female to host the station's flagship show.

Lauren's passion for music and love of the intimate relationship radio enables with its listeners led her to BBC 6Music, which she has called home for 15 years.

In speech radio Lauren has enjoyed making successful documentaries for both BBC 6Music and BBC Radio 4, being part of the iconic Woman's Hour team and helping shape and host Late Night Woman's Hour, all of which left her well placed to take up the reigns on Desert Island Discs, a show that combines Lauren's natural interest in people with her appreciation for music.

Lauren is a hugely capable host, both on screen and for events, amassing credits including The Mercury Prize, The Turner Prize and The British Fashion Awards.

On television, she has presented a diverse range of arts and culture shows including the BBC Two's flagship arts programme The Culture Show and Channel 4's satirical news programme 10 O'Clock Live.

In 2010 Lauren published her first book: Candy Pop: Candy and the Broken Biscuits. She has also written regular columns for The Observer, Red and Grazia magazines and in 2015, co-founded The Pool, a mobile platform for women by women.