



Mihingarangi Forbes

Height 160 cm

Pronouns She/Her

MC / Entertainer Biography

Johnson&Laird

Event Highlights.

2025 NZATE Conference, New Zealand Association of Teachers of English - Speaker

2022 Toi Te Kupu Whakaahuatanga, Janda Productions - MC

2022 Local Government New Zealand, Conference Innovators - MC&Facilitator

2022 MoH Facebook Live on Tamariki, Ministry of Health - Facilitator

2022 PSA Women 's Network Conference, PSA - Speaker

Mihingarangi Forbes (Ngāti Maniapoto, Ngāti Paoa) is one of Aotearoa's most respected and awarded journalists, known for her fearless investigative work and unwavering commitment to Māori storytelling. With a career spanning over two decades, she has contributed to major current affairs programmes including Native Affairs, 60 Minutes, 20/20, and Campbell Live, where her incisive reporting earned her the Qantas Award for Best Reporter: Daily Current Affairs.

Mihi now fronts Mata Reports, a longform Māori investigative series, and continues her powerful work with RNZ Saturday Mornings and the NZ Wars documentary series, bringing historical narratives to life with cultural insight and integrity. Her recent accolades include the 2022 Voyager Media Award for Best Reporter: Māori Affairs, and the 2024 Te Tohu Kairangi Award, honouring excellence in journalism.

Bilingual and deeply rooted in her Māori identity, Mihi is also a proud mother of four bilingual children. She brings a uniquely personal and political lens to her work, seeking accountability while bridging understanding between te ao Māori and the wider Pākehā world. On her European side, she is a descendant of suffrage icon Kate Sheppard, a lineage that reflects her lifelong commitment to advocacy and justice.

As an MC and facilitator, Mihi is dynamic, composed, and deeply informed. Whether moderating high-stakes debates or hosting panels in English or te reo Māori, she creates meaningful, thoughtful spaces for conversation, making her an asset to any event.

Testimonials.

Mihi and Julian co-moderated our recent Summit. The depth and breadth of their respective broadcasting and media experience was on display as they both deftly navigated a broad spectrum of business related topics coupled with an unparalleled understanding of

Testimonials continued...

nuances and relatability needed to engage a Maori audience over two-days. They both display total professionalism and credibility. We were very proud to have them associated with our organisation.

Tamaki Makaurau Economic Summit 2020

Auckland Unlimited

- **Edwina Merito | Maori Outcomes & Relationships**

Mihingarangi is very articulate and radiates confidence, charisma and humour. She has an innate ability to engage the audience with her ad-lib skills enhanced by her fluency in Te Reo which is a true testament of her character. She has the ability to put people at ease that ultimately creates a great atmosphere.

Green Property Summit 2019

- **Aroha Te Kanawa | Event Project Manager**

Mihingarangi Forbes is a marvel. She is an excellent content contributor and executes the role of the moderator with effortless ease. Mihi tackles issues that she cares about and works with people she truly values. I look forward to working and collaborating with her in the future.

LATE at the Museum 2019

Auckland War Memorial Museum

- **Dina Jezdic | Public Programme Content Specialist**

Mihingarangi Forbes, alongside her friend and colleague Annabelle Lee, were sensational guest speakers at the Wintec Press Club lunch extravaganza in Hamilton. They held the VIP invite-only audience captivated, and received the loudest and longest ovation I have experienced since I began staging these events in 2010. As president of the Press Club, I invite guest speakers to three lunch events during the year. The list has included Sir Paul Holmes, actress Robyn Malcolm, Patrick Gower, Duncan Garner, Michael Laws, criminal lawyer Greg King, Pam Corkery, Te Radar and Paula Penfold. Some have not been total successes. Some have raved on about themselves, and delivered formless, boring speeches. Mihi was absolutely superb. Venetia Sherson, the ex-editor of the Waikato Times, and who created the Press Club in 2005, said Mihi was the best speaker she had ever seen and rated her 11 out of 10.

Wintec Press Club