

Tarsh Ieremia

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Kiwis will be familiar with Tarsh Ieremia's warm and welcoming vocal tones from her long run on Flava's morning radio show, the Full Phat Breakfast, and her stints guest-presenting on TVNZ's "Whanau Living." These roles helped her master the art of organised chaos, thinking on her feet and the million ways a safety pin can fix anything. This makes her an expert at keeping calm and to schedule in live situations - although she loves pre-recorded environments just as much, having guest-presented on TVNZ's "Whanau Living."

Outside work, Tarsh is passionate about health and fitness, an interest she shares through her Facebook page "Mum like a Boss," where she posts healthy recipes and useful parenting tips. Coming from a league-loving family, a game she plays and coaches, Tarsh is a regular on field at the Vodafone Warriors home games keeping the crowd up to date with all the game day information. She also specialises in MCing a variety of youth events - especially hip hop events, which her children are very involved in.

In her spare time, you'll find Tarsh throwing down at Crossfit, or at your local primary school talking about the importance of reading with Duffy Books.



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