



Catherine Mayer

AUTHOR · JOURNALIST

Writer, activist and the co-founder and President of the Women's Equality Party



About:

- **Gender:** Female
- **Nationality:** United Kingdom
- **Languages:** English
- **Travels from:** United Kingdom

Engagement Types:

- Speaking

Topics:

- DEI (Diversity, Equity & Inclusion)
- Gender Equality
- Geopolitical Impact
- Political Trends
- Technology & AI

Biography Highlights

- Catherine Mayer is a bestselling author and journalist, with a career spanning *The Economist*, the German news weekly *FOCUS* and *TIME* magazine, where she served as Europe Editor and Editor at Large. Her books include *Amortality: The Pleasures and Perils of Living Agelessly*; *Attack of the 50 Ft Women: How Gender Equality Can Save the World*, and *Good Grief: Embracing Life at a Time of Death*. Her biography of King Charles III, revised and updated in 2022, is published by WH Allen/Penguin. She is the co-founder and President of the UK Women's Equality Party. She is also the co-founder of Primadonna Festival.

Biography

About Catherine Mayer

Catherine Mayer, an author, journalist and activist, co-founded the Women's Equality Party and served for a decade as its president. She also co-founded Primadonna Festival, an award-winning festival of ideas and literature that changes lives. Her novel, *TIME/LIFE*, about love, time travel and the impacts of technology, will be published in April 2025. Her next nonfiction book, *Send Them Victorious: Royal Women, their battles and why we should care*, is due to come out in 2026.

Her other books include *Amortality: The Pleasures and Perils of Living*

Agelessly; Attack of the Fifty Foot Women: How Gender Equality Can Save the World! and the memoir, *Good Grief: Embracing Life at a Time of Death*, which contains letters written by her mother after both women were widowed at the start of the pandemic. In 2022, WH Allen/Penguin published a new, substantially updated edition of her bestselling biography of *King Charles III, Charles: The Heart of a King*. She is a regular special contributor to ITV for historic royal occasions.

Catherine has worked at *The Economist*, and spent 11 years as a foreign correspondent for the German news weekly, *FOCUS*. In 2004, she joined *TIME* as a senior editor, later became London Bureau Chief, *TIME Europe* Editor and, finally, Editor at Large.

She was the founding executive director of the data and technology think tank, *Datum Future*. She is on the advisory board of *Noon*, the media platform for women in midlife and beyond.

Catherine was commissioned by the *Globe Theatre* to write and perform an original piece for its 2020 *Voices in the Dark* series, *Notes to the Forgotten She-Wolves*.

She performed *Hello Boys* with Grayson Perry at the *Bridge Theatre* in 2018. Her one-woman show *Catherine Mayer: FFS* toured the UK and Ireland in 2019.

She was the lead candidate for the *Women's Equality Party* in London in the 2019 European elections. She served as the elected President of the *Foreign Press Association* in London from 2003-2005. She is on the founding committee of *WOW*—the *Women of the World* festival, and of the *Death Festival*, launched in 2022, which she also co-curated. She was a judge for the 2018 *Women's Prize for Fiction*.

The winner of the *FPA Story of the Year* in 2010 and shortlisted for the *Orwell Prize* the following year, she has also been named in *Total Politics' Top Political Journalists*, *WIE Women in Excellence* 2013, *Progress 1000 Evening Standard Equality Champion* 2016, *Oxford University Suffrage Champion* 2018, *Gender Equality Top 100: Most Influential People in Global Policy* 2018 and, with *Sandi Toksvig*, *NatWest Spirit of Everywoman Award* 2018.

After the death of her husband, the musician *Andy Gill*, she took on his unfinished projects, releasing two EPs by his band *Gang of Four*, and acting as executive producer for a tribute album, *The Problem of Leisure: A celebration of Andy Gill and Gang of Four* featuring globally famous musicians.

Videos



Catherine's Topics

The Future of Media in the Digital Age

During a 30-year career, Catherine saw first-hand how digital technologies initially enabled news organisations to flourish and then destroyed the economic models supporting them. Catherine discusses and assesses the repercussions not just within the industry but for democracy and our understanding of the world, as well as forecasting developments in new media.

Available: Virtually

How to Have Conversations in a Polarised World

We are more divided than ever before and not just on subjects that directly touch on our lives. How can we hope to reach consensus in the workplace if we're passionately polarised on Meghan and Harry or whether cancel culture even exists? Catherine looks at the drivers of such polarisation, unpicks the way that these arguments are often proxies for other issues such as race and inequality, and looks at what works, and what definitely doesn't, to defuse potential hostilities and bring people together.

Available: Virtually

Difference Works: Why true diversity and inclusion is about much more than ticking boxes

Organisations know they need to improve the diversity of their workforces—but they often don't know why. Catherine unravels the confusion surrounding diversity and diversity programmes, highlights the dangers of creating echo chambers or cultures that suppress dissident opinions and demonstrates the value of more inclusive cultures.

Available: Virtually

Wonder Women: How unlocking female potential benefits us all

This addresses some of the key points in the Difference Works keynote, but looking in more detail at the subject of female participation in the economy and the workplace. Why is it that organisations struggle to retain women and how can they improve that record? And, why the rewards of doing so are huge.

Available: Virtually

Good Grief: navigating personal and public loss in the workplace

There is something much more damaging than saying the wrong thing to the newly bereaved—saying nothing at all. Not that there's much value to mumbled platitudes or ill-timed expressions of sympathy (grieving people often seek a semblance of normality at work and may not wish to be forced to answer questions about how they're feeling). Luckily, such mistakes are easy to avoid. Catherine talks about what she's learned from dealing with the bereaved and from her own widowhood and other losses.

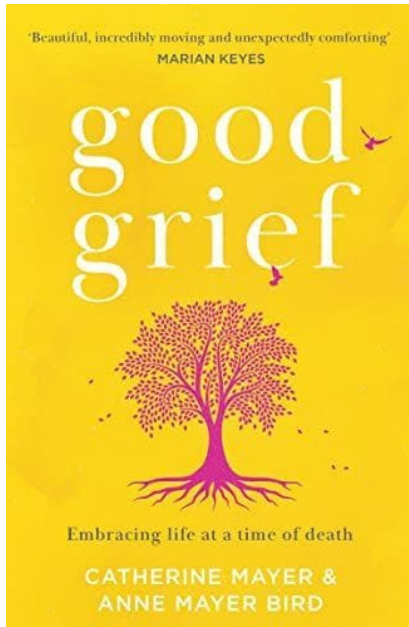
Available: Virtually

Inside the Royal Family

Catherine spent two years researching her biography of King Charles III and many more years behind the scenes covering the Royals. She gives insights and tells anecdotes from the strange world she dubs "Planet Windsor" and also highlights the surprisingly pervasive influence of the Royals on public life.

Available: Virtually

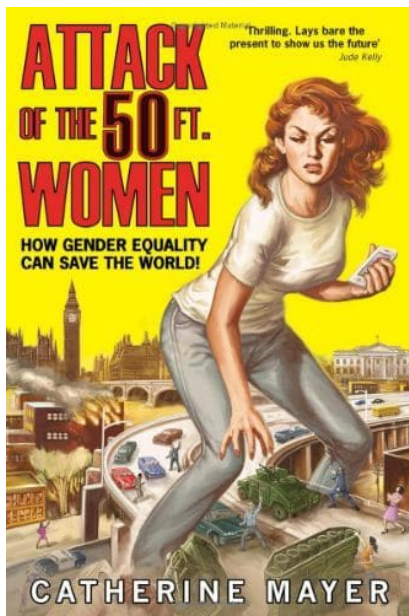
Books



Good Grief

'Grief is more than the price of love. It is love. We must learn not just to live with it, but to make it welcome.' Catherine Mayer and her mother Anne Mayer Bird were widowed at the start of the Covid-19 pandemic. This is their story of supporting each other through whirling grief, 'sadmin' and the darkest of times, as they learn to embrace life again. Now updated with brand new chapters, Good Grief is an essential companion for loss and a testimony to enduring love. Spiked with wry humour, it is an uplifting, moving and unexpectedly joyous read.

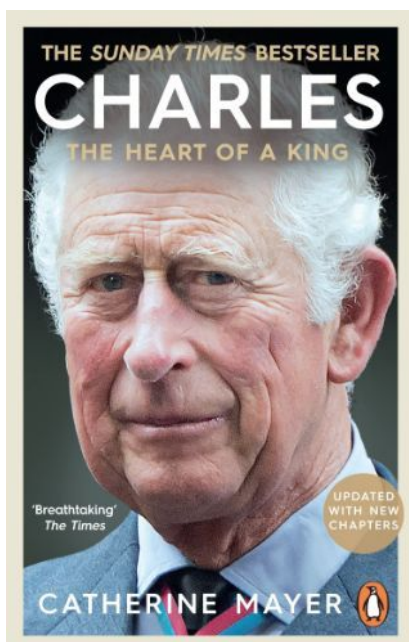
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Attack of the 50 Ft. Women: How Gender Equality Can Save The World!

In ATTACK OF THE FIFTY FOOT WOMEN, her insightful, revelatory, often hilarious, and hugely inspiring book, she tackles those questions and many more, sharing inside views and experiences from building a party, and bringing together global research with analyses and interviews based on her own far-flung research. And she goes further. Campaigning for the Women's Equality Party ahead of elections in May 2016, she noticed that many people found it hard, in the absence of any real-life examples, to envisage a gender-equal world. So she takes us there, to the place she calls Equalia. What is it like? Does gender equality make for a society that is more equal in other ways too? Who does the low-paid jobs? How does gender express itself in a place freed from gender programming? What's the sex like? What's on the telly?

[BUY THE BOOK](#)



Charles: The Heart of a King

The former Prince of Wales has lived his whole life in the public eye, yet he remains an enigma. He was born to be king, but he aims much higher. A landmark publication, Charles: The Heart of a King reveals Charles in all his complexity: the passionate views that mean he will never be as remote and impartial as his mother; the compulsion to make a difference and the many and startling ways in which the Prince and now King of the United Kingdom and fifteen other realms has already made his mark. The book offers fresh and fascinating insights into the first marriage that did so much to define him and an assessment of his relationship with the woman he calls, with unintended accuracy, his 'dearest wife': Camilla, now Queen Consort. We see Charles as a father and a friend, a serious figure and a joker. Life at court turns out to be full of hidden dangers and unexpected comedy.

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