



EXPERT BIO

BARDIE SOMERVILLE

CARPENTER & ADVOCATE FOR MENTAL WELLBEING OF AUSTRALIANS IN TRADES

WE LOSE A CONSTRUCTION WORKER TO SUICIDE EVERY SECOND DAY IN AUSTRALIA, AND BARDIE SOMERVILLE IS DEDICATED TO MAKING SURE THAT NUMBER IMPROVES.

As a qualified carpenter turned site manager, she knows firsthand the value that women bring to trades – and her experiences on the job have given her a unique perspective to share across media stories and events. It has also ignited a fire in her to position herself as a pioneering force for other women who want to succeed in trades, and also as a mental health advocate or those in the industry.

If Bardie's face looks familiar, that's because her tenacity and authentic spirit lit up TV screens in Network Ten's reality show *The Bridge*, where she was one of 12 Aussies tasked with building a bridge in the remote Tasmanian wilderness. Her carpentry skills and courage made her a key figure on the show, and her determination won her fans across the country – and saw her eventually crowned the winner.

That's what makes Bardie such an inspiring voice. Not only is she willing to go against the grain, she's deeply committed to lifting up other women, both in her industry and in the wider community. She brings the same energy to media and events as she does to job sites – a strength and zest for life that motivates everyone around her.

At age 20, Bardie was in a dark place. Feeling a lack of support, connection and like she had no one to turn to, Bardie attempted to take her own life. From there she has made it her purpose to change the industry and ensure mental health and wellbeing practices are just as integral to a job site as the physical safety procedures. Bardie currently runs *The Shift*, a platform for tradies to connect, learn and grow - her vision is to give tradies tools for life.

As a prominent figure in her industry, Bardie is a brand-friendly ambassador with strong commercial appeal. She's currently in the midst of renovating her own home, a journey she's sharing with others on her popular Instagram account @bards.builds, where she's proving that it is possible for women to create the home of their dreams.

Bardie is available for media and PR opportunities, corporate hosting and speaking, and brand partnerships.



For more, contact hello@thelifestylesuite.com

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