



Presenter, Author, Journalist, Producer – Expert in Health & Longevity

## Jennifer Sieglar

Jennifer Sieglar – multi-award-winning presenter, three-time SPIEGEL best-selling author and expert in clear communication Born in Frankfurt am Main, she studied political science, German language and literature, and sociology at Goethe University Frankfurt. From 2009 to 2010, she completed an internship at Hessischer Rundfunk, where she initially worked as a reporter and editor. Since 2013, Jennifer Sieglar has been presenting Hessenschau there and, since 2024, she has also been in front of the camera for the hr consumer magazine “Die Ratgeber”, focusing on topics such as health and nutrition. From 2012 to 2023, as presenter of “logo!”, ZDF’s children’s news...



### Topics

- Burnout / Resilience / Mental Health
- Food Trends / Future Food
- Healthcare
- Innovations
- Lifestyle
- Motivation / Strategy
- Work-Life-Balance

### Languages

- German

### Details & contact information

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