

Head office:  
ICMI Speakers & Entertainers  
(PO Box 2311)  
Level 2, 159 High Street  
Prahran, Victoria 3181  
ABN: 42 114 669 224

Tel: (03) 9529 3711  
Fax: (03) 9529 4573  
Tollfree: 1800 334 625  
Email: [icmi@icmi.com.au](mailto:icmi@icmi.com.au)  
Web: [www.icmi.com.au](http://www.icmi.com.au)



*Incorporating Olympic Communicators  
Under licence from the Australian Olympic Committee*



# HELEN KAPALOS

Helen Kapalos is Network Ten's primetime news co-anchor in Melbourne.

The Monday-to-Friday 5pm news bulletin in Melbourne, which she presents with Mal Walden, is one of Ten's most watched programs.

In her new role with Ten, Helen will also appear from time to time reading weekend and national bulletins from the network's Sydney studios.

Before joining the Ten news team, Helen spent five years with the Nine Network, with credits including reporting on A Current Affair and National Nine News, hosting Nightline and reading news on the network's Sunday program.

Prior to joining Nine, she was a journalist with NBN, Nine's Newcastle regional affiliate. There she wrote, directed and produced an award-winning documentary on the closure of BHP as well as several news specials. She also did stints as a late news presenter.

Kapalos began her career as a reporter at ABC Radio in Newcastle in 1994 before moving to SBS after winning a national scholarship. She worked in several areas at SBS, including news, the network documentary unit, the indigenous cultural affairs program, ICAM, and the health show, Second Opinion. Kapalos then returned to Newcastle and worked in commercial radio and at NBN before joining Nine.

Helen Kapalos is an accomplished MC and corporate host.

NSW Office (Crows Nest)  
Ph: (02) 9688 6800  
[diana@icmi.com.au](mailto:diana@icmi.com.au)

NSW Office (Artarmon)  
Ph: (02) 9686 7714  
Fax: (02) 4958 9511  
[steve@icmi.com.au](mailto:steve@icmi.com.au)

QLD Office  
Ph: 1300 663 966  
Fax: 1300 662 866  
[gerry@icmi.com.au](mailto:gerry@icmi.com.au)

SA Office  
Ph: (08) 8351 9459  
Fax: (08) 8354 1456  
[sue@icmi.com.au](mailto:sue@icmi.com.au)

WA Office  
Ph: (08) 9472 5065  
Fax: (08) 9472 5501  
[corina@icmi.com.au](mailto:corina@icmi.com.au)

Tas Office  
Ph: (03) 6236 9976  
Fax: (03) 6234 5958  
[paula@icmi.com.au](mailto:paula@icmi.com.au)