break
the
mould.

latasha arnone.

Presenter. Business Host. Coach.

About Latasha

An on-camera presenter and live event host known for bringing energy, warmth and authenticity to every room and screen. Latasha shines facilitating conversations, asking the questions audiences are thinking, and bringing brands and ideas to life in a way that feels natural and engaging — from large-scale events to intimate experiences.

Showreel: https://youtu.be/_SFEx2DTOUs

AS SEEN WITH









> *“"Thank you so much for all your immense effort, confidence, kindness and talent. You were the absolute shining star for us this weekend and we can't thank you enough. We can't wait to work with you more!"”*
>
> **— Choozy, Turf Games**

Where you'll have seen Latasha

01 · Live Events

Fitness competitions

MC for Xenom London and Hybrid NW, live events where Latasha pairs her love for fitness with her warm energy.

02 · Sport & Wellbeing

Choozy & Applied Nutrition

Social media presenter for Choozy at Turf Games and on-camera presenter for Applied Nutrition, bringing her passion for fitness and wellbeing to branded content.

03 · Business & Podcasting

Kaplan Finance & The Connect Cast

Podcast host from Kaplan Finance and of her own show, The Connect Cast, facilitating business conversations with the same authenticity she brings to her personal brand.

04 · Panels & Storytelling

BBC Share Your Story & Women of Steel

Guest speaker on the BBC Share Your Story UK Tour, and host of a Women of Steel panel at Steel Foundry CrossFit, Trafford, interviewing ex-Olympic gymnast turned CrossFitter Sammy Rocket.

Highlights

2026	Vox-pops Presenter, Golf Fang
2026	Vox-pops Presenter, Anker Innovations
2026	Vox-pops Presenter, Soda Stream
2026	Social Media Presenter, Choozy @ Turf Games
2026	MC, Xenom London
2026	On-Camera Presenter, Applied Nutrition
2026	Panel Host, Women of Steel @ Steel Foundry CrossFit
2026	Podcast Host, Kaplan Finance
2026	Host, The Connect Cast podcast
2025	Guest Speaker (Fitness & Wellbeing), Alderley Edge School for Girls
2023	Guest Speaker, BBC Share Your Story Tour