



TANYA FRASER
WRITER

MEDIA & COLLABORATION KIT

I write true stories and *invented worlds*.

Fiction is just the truth in costume.

I'm an Irish-Canadian storyteller — I work across screen, fiction, and essay, and what I write is **emotional comedy**: humour and heartbreak in the same breath, the kind of story that has you laughing one minute and gutted the next.

My subject is women. The overlooked, the underestimated, and the ones nobody's written yet — their transformations, their choices, and the courage it takes. The woman handed a truckload of manure who, against all sensible advice, decides to grow flowers in it.

I came to this the scenic way. A midlife life-quake took my marriage, my job, and my home inside three months, so I did the only reasonable thing and bought a one-way ticket. The true stories are the fuel; the invented worlds are the craft. I don't sugarcoat either. I just promise to find the joke buried in the wreckage.

-
- ✦ **Solas Awards** — Bronze, Women's Travel, 2026
 - ✦ **SATW Foundation Travel-Writing Scholar** — Paul Lasley Scholarship, 2025
 - ✦ Published in **Matador Network** · Profiled in **Woman's World & CEO Monthly**
 - ✦ Feature screenplay in second draft · YA trilogy in development
-

THREE WAYS TO WORK WITH ME

01 Invented worlds

Character-driven emotional comedy centred on women — the overlooked, the underestimated, the ones nobody's written yet. Script, novel, stage, screen: whatever the story wants to be.

02 True stories

Creative non-fiction in the same voice — travel writing, personal essays, narrative features. Immersive, funny, unsentimental. **And the true story that wants to become something else:** I'm the writer who can carry it across into fiction or screen without losing the heart.

03 The voice

Guest, expert, speaker — on reinvention, second acts, and starting over. Funny, raw, real; never toxic-positivity, never victimhood. Talks built on my P.L.A.Y. framework (Purpose · Liberation · Authenticity · You). Also: honest branded storytelling in a distinctive voice.

THE COMMUNITY

People who love a good story and the voice telling it — travel readers, fellow writers and creatives, and, at its heart, **women navigating their own second acts**. A loyal, growing audience that shows up for honest storytelling and stays for the craft.

The Substack essays · the second act

Instagram · TikTok craft · story · travel

YouTube · Podcast longform & audio stories

SELECTED WORK & PRESS

✦ **Matador Network** — Peru's Chifa food culture ↗

✦ **Woman's World** — second-act profile ↗

✦ **CEO Monthly** — writing her way into a second act ↗

✦ **The Substack** — essays from the second act ↗

IN THEIR WORDS

You take the everyday and make it alive, real and meaningful. You turned heartbreak into something extraordinary — a gift to all of us to read, experience, and share.

— A LONGTIME READER

These would make such good reading — and a comfort to anyone going through a crisis. I'm beyond impressed. They keep getting better and better.

— A SUBSTACK READER

So grateful to be on this journey with you. Your writing is powerful and insightful — it's encouraged me to be more self-aware and reflective. I look forward to continuing to read all you share.

— A READER

Let's make something — **true, invented, or both.**

tanyavfraser@gmail.com

tanyafraser.com

@thetanyafraser