

Farah Mak is an Australian actress, television presenter, author, public speaker and passionate advocate for women's empowerment.

As the founder of The Self Worth Movement - Farah's passion and purpose driven mission is to remind every woman that she is worthy, kind, capable, loved, and important - with just the right amount of sparkle and shine.

The Self-Worth Movement was born from one of Farah's original poems, called "She Shines." Farah has since pursued her vision for this poem, through taking to screenwriting and adapting it into a short-film. 'She Shines' tells a story about a woman who searches to find her true self, and remind her that she is worthy. The film is currently in pre-production, lead by a stellar female creative team to bring this beautiful love story to fruition as a powerful resource to educate, inspire and empower women and girls around the world on self-worth.

Farah's influential work in encouraging women to love themselves is cherished by her loyal and engaged community of over 9000 Instagram followers and blog readers. Farah's following have a strong trust and rapport in Farah as someone who brings a little sparkle and joy to their lives.

A professionally trained actor, having worked on several much-loved Aussie TV shows including Neighbours, Love Child, and Utopia...as well as various short and feature films such as; The Whistleblower, Aperture, and The Very Excellent Mr Dundee alongside an all-star cast. Farah studied at the prestigious National Institute of Dramatic Arts and continues to hone her craft through further studies and coaching in acting, writing and directing.

Farah delivers emotional truth, depth of character and authenticity to every role she plays. She is a captivating storyteller known for her sincerity and empathy in drama, and her comedic timing and sparkly sense of humour in comedy.

As a represented public speaker/MC engaged to speak at many large events and weddings, Farah is trusted by her clients to bring professionalism, fun and a natural connection to every occasion.

Farah has worked as a presenter on TVSN for more than 7 years. Her presenting skills are entertaining, educational, engaging and relatable, and she is loved and trusted by her audiences.

A Melbourne-based mother of four children and three fur babies, Farah loves horse riding, travelling, food & wine, and writing children's picture books.

Inspired by Farah's daily talks with her children where she empowers each of her kids to avoid comparing themselves to others and to just be "their sparkly best selves", Bella the Brave is the story of a little girl who discovers that courage comes from within.