

**Tanya Bardsley** is a Northern treasure, known for her honesty, humour, and quick one-liners on ITV's *The Real Housewives of Cheshire*, where she became the show's longest serving and standout original cast member after joining in 2015.

She also invited cameras into her home for her ITVBe spin-off series, *The Bardsley Bunch*, a successful and entertaining six-part series that gave viewers a glimpse into her busy family life with her husband, former Premier League footballer Phil Bardsley, their children, and her parents, Julie and Steve.

Born in Wigan and raised in Richmond, North Yorkshire, Tanya is a passionate advocate for mental health and neurodivergence. Her 2022 documentary, *Tanya Bardsley: Me & ADHD*, explored her late ADHD diagnosis and helped spark a national conversation, leading to her appointment as a Celebrity Ambassador for ADHD UK. She also speaks openly about perimenopause, adenomyosis, endometriosis, and PMDD, helping to give a voice to women across the UK.

Tanya is also the published author of *Just a Girl Who Got It All*, as well as a life coach, course creator, and entrepreneur. Her business ventures include Asante Apparel (gym wear), Transform with Tanya (coaching), Mental Mummies (neurodivergent parenting), and Haus of CEO, all focused on empowerment, wellbeing, and personal transformation.