

Gail Rice

Psychologist|Writer|Speaker

*Exploring stories that shape who we become —
and restorying them at every stage of life.*



Media & Reach

Uk/Ireland/Australia/US/Canada

The Times (London)

The Daily Mail (London Jan 2026)

I Newspaper (London)

The Sydney Morning Herald (Australia)

Oldster Magazine (US)

Mamamia (Australia)

NYT Modern Love Podcast (US)

ABC Ladies We Need to Talk Podcast

Ireland AM TV & Radio

Huff Post (US 2026)

More Than A MILF Anthology (Canada 2026)

Contact/Links

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<https://www.gailrice.com/>

About Gail Rice

Gail Rice is a Sydney-based psychologist and writer whose work explores how the stories we carry can hold us back or call us forward.

Her writing shines a light on unspoken stories around ageing, desire, and reinvention — and what it means to step out from behind the mask of the therapist to live and write as a whole human being. She is currently writing her memoir about mothers and daughters, exploring the emotional legacies we inherit, and the courage it takes to reclaim our own stories.

Stories That Connect Us

Gail speaks and writes about the stories that shape who we become —messy, beautiful and ever-changing — and how we can rewrite them at any age.

Themes that inspire me include:

- Reinvention and courage in later life
- Desire, ageing and visibility
- Finding voice and agency beyond silence
- The ways shame, story and self-compassion intertwine
- What it means to live beyond roles, expectations and fear

Whether on stage or in conversation, Gail brings curiosity, honesty and heart — inviting audiences to think, laugh and see themselves —and their stories differently.



ISABELLA MOORE FOR THE TIMES MAGAZINE 2025



LEE KOFFMAN, RAMONA KOVEL, GAIL RICE AT
WORDS IN WINTER - NOT DEAD YET PANEL 2025

Recent & Upcoming Conversations

Words in Winter writers panel, Victoria (Australia)
Menopause is Not a Use-By Date, writers panel, Sydney (Australia)
Ireland AM, TV interview (Ireland)
Not Dead Yet , podcast (US)
Brave Words (2026), reading (NSW, Australia)
More Than a MILF Anthology (Canada. 2026)

Gail is available for interviews, panels and festivals.

LET'S TALK

Contact : gailricewrites@gmail.com

The Story Behind the Stories

Writer. Psychologist. Unapologetically Me.
Writing, speaking and living into the stories that make us —
and the courage it takes to be seen.

Gail Rice is a Canadian-born psychologist and writer based in Sydney whose work explores the stories we carry — and how rewriting them can reshape our lives.

For decades, she listened to other people's stories until she realised it was time to tell her own. A lifelong explorer, she brings humour, vulnerability and courage to the conversations she sparks — about visibility, late-life desire, and finding freedom in change. After years behind the calm authority of the therapist, she's stepped forward to live and write more openly — daring to be fully herself, both in her work and in the world.

What began as a private essay about ageing and the fear of becoming invisible unexpectedly ignited public conversations around the world. To her surprise, that story — written out of uncertainty — became a moment of awakening: proof that when we dare to speak the unsaid, we are seen more clearly than ever.

Now, alongside her essays and public conversations, Gail is in a committed relationship with Mem — her memoir-in-progress — learning what it means to stay, to be seen, and to write with an open heart.

When she isn't writing or speaking, she's often at a café by the sea or on a busy street, laptop open, watching life unfold. Still restorying her own life — embracing new stories, grateful to be part of the conversation

*Restorying isn't about becoming
someone new
— it's about discovering who we are,
and allowing others to see us.*



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