Lisa CHANG

Television Personality | Tech Expert

The Spotlight Agency

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Lisa Chang is a seasoned tech and digital wellness expert, television host, and proud mom, with over 25 years of experience in the technology space. As a trusted voice on *Breakfast Television*, CTV's *The Good Stuff*, and Global's *The Morning Show*, Lisa is known for making complex tech trends relatable, practical, and meaningful for everyday life.

Her passion for digital wellness and balanced living led her to launch her own original YouTube series, *The Health Tech Up* — a powerful exploration into how technology intersects with our health, habits, and happiness. The show serves as a digital "check-up" for people of all ages, encouraging thoughtful reflection on technology's ever-increasing role in our day-to-day lives and how to balance it with our wellbeing.

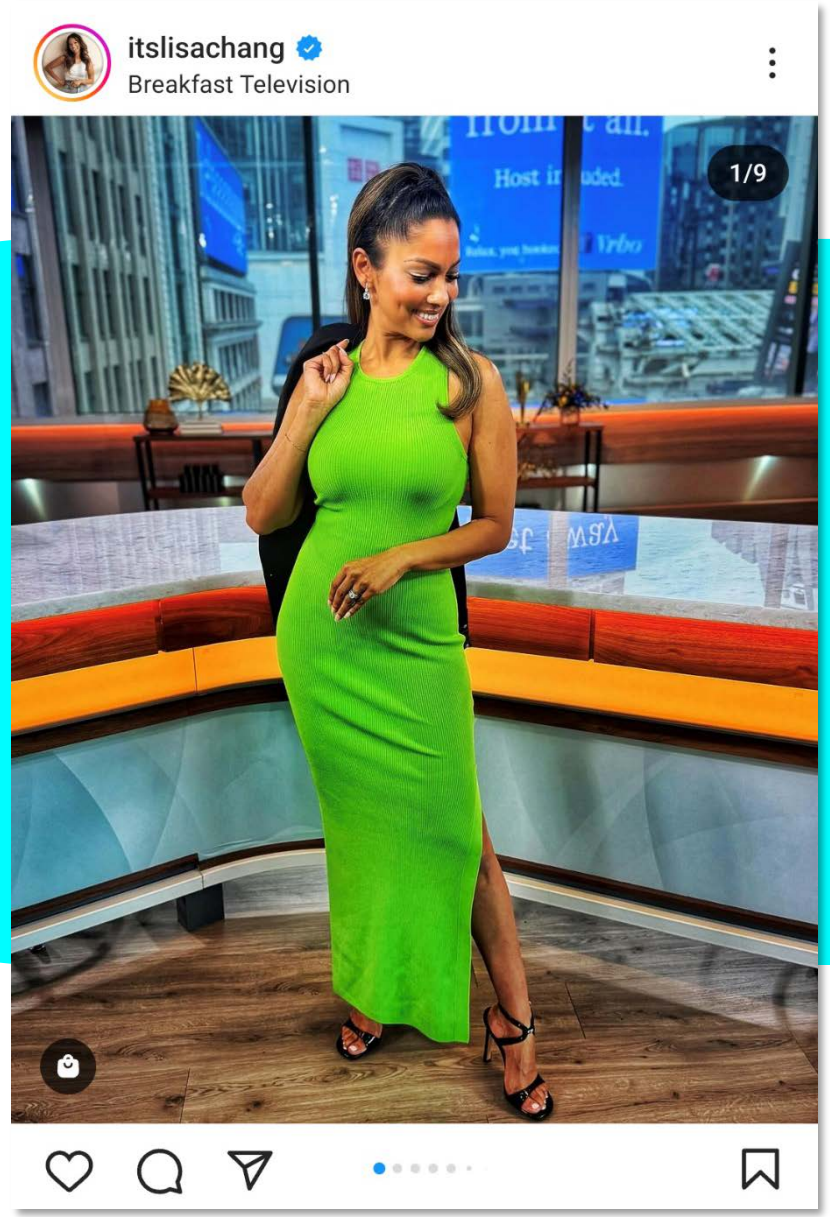
As a working mom, Lisa brings a deeply personal lens to every conversation — from screen time for kids, to mental wellness for parents, to aging well with tech. Her content is inclusive, insightful, and empowering, helping individuals and families make smarter, healthier choices in our connected world.

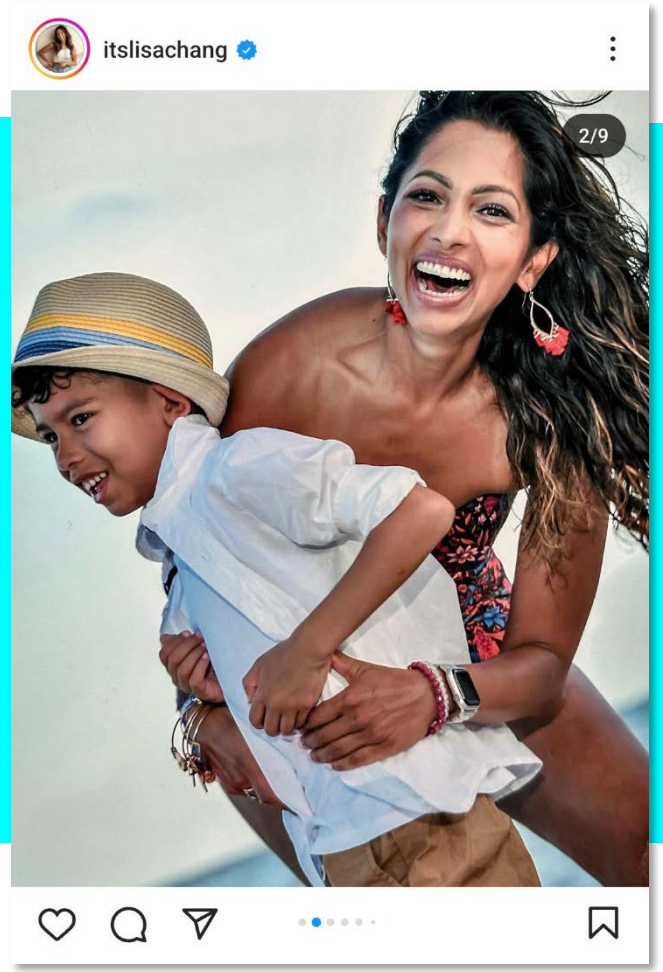
With a career rooted in innovation, Lisa has spent decades consulting, presenting, and educating on the evolving role of tech in society. She's a dynamic event host, moderator, and brand partner, who captivates audiences with her blend of warmth, expertise, and real-world perspective — always leaving them informed and inspired to take action.

Lisa Chang is not just reporting on the future — she's shaping it, one conversation at a time.

@ItsLisaChang

7.5K+ *Followers on Instagram*





Audience Demographics

23.3%

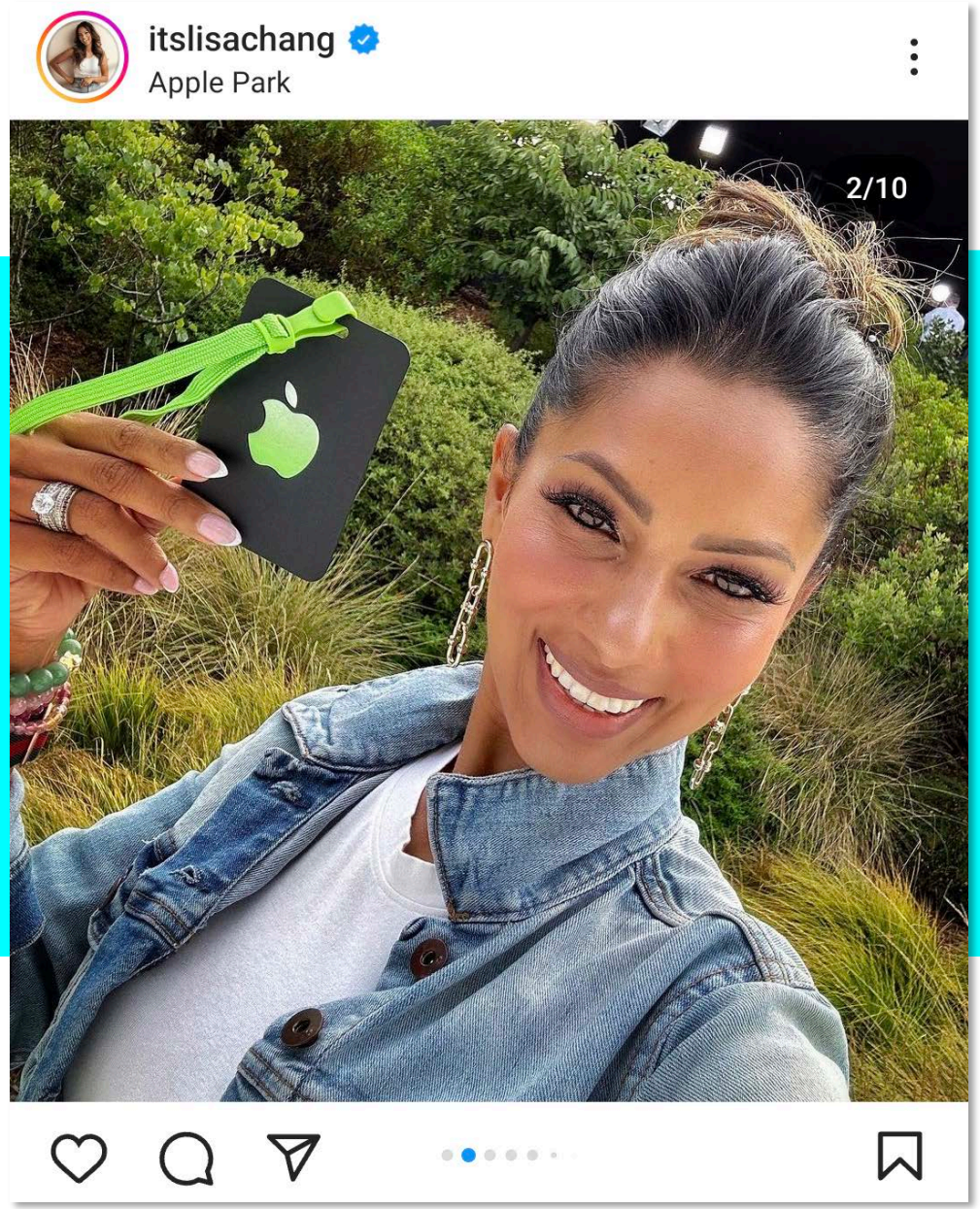
76.6%

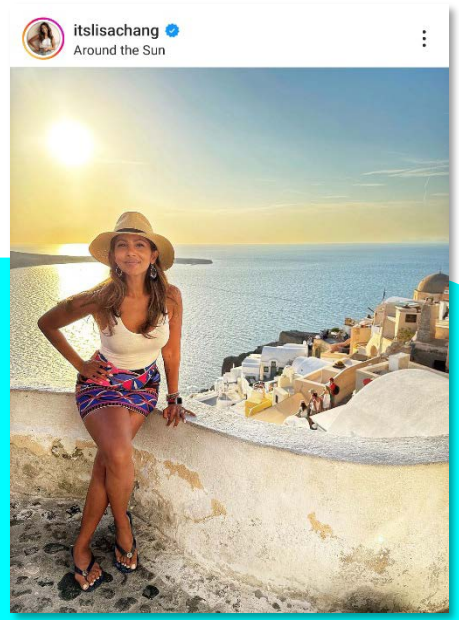
35.0% ages 35-44

25.2% ages 45-54

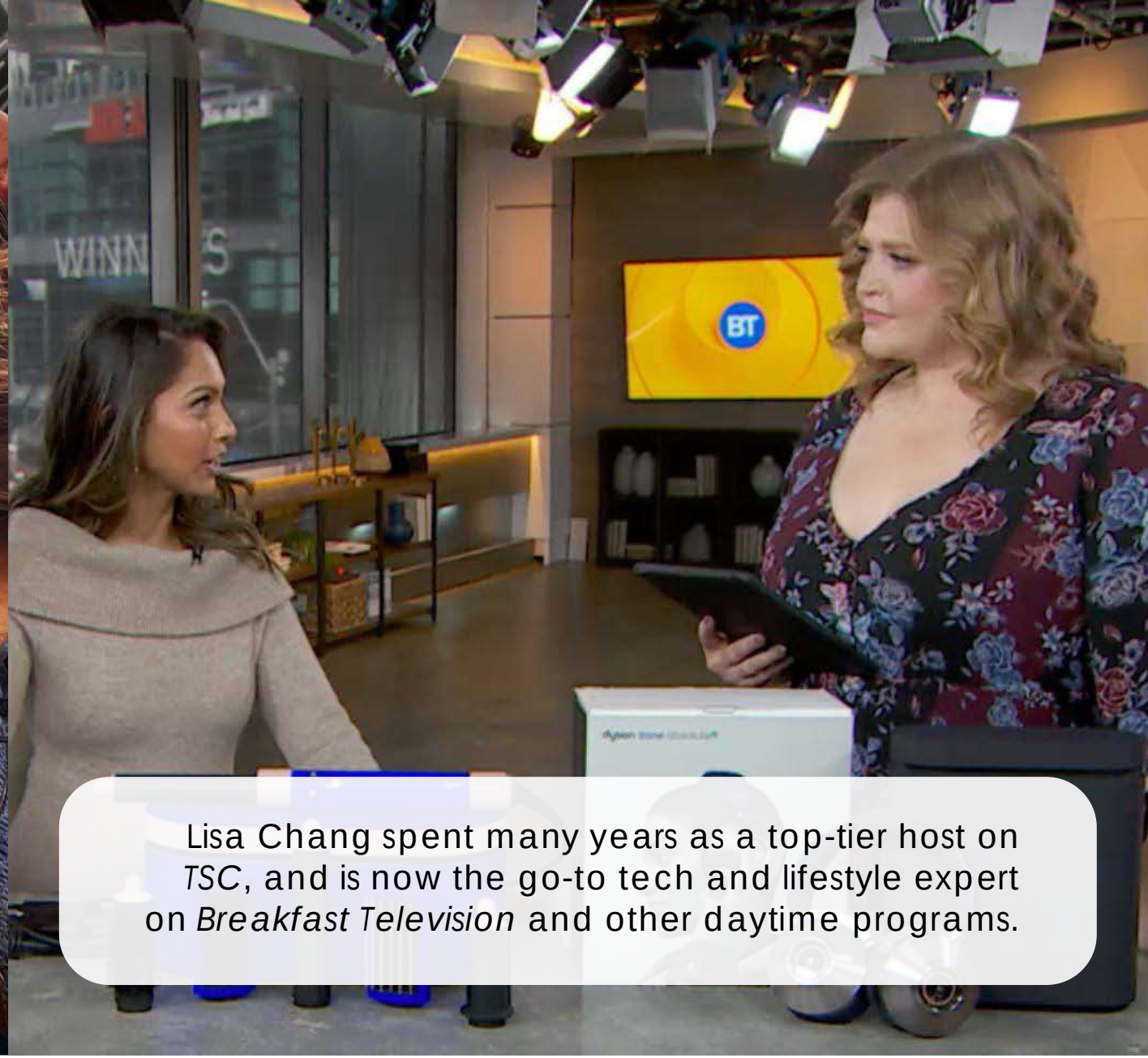
18.3% ages 25-34

Top Countries: Canada (80%), USA (8%)





Social Media



Lisa Chang spent many years as a top-tier host on *TSC*, and is now the go-to tech and lifestyle expert on *Breakfast Television* and other daytime programs.

Lisa is also host of her own segment, “The Health Tech Up”, which promotes the consumption of technology in a way that prioritizes viewers’ mental, emotional, and physical wellbeing.

Television

Lisa is available to partner with brands for a variety of initiatives, including:

- Spokesperson roles
- Media appearances
- Digital video and television ads
- Event hosting
- Speaking engagements
- Guest appearances
- and more

Past partners:

SQUAREONE

simons

it COSMETICS

GENESIS

Dove

KitchenAid

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For more information, please contact:
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thespotlightagency.com

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