

AMY HESS

amyhessmedia@gmail.com

Podcast Host | Journalist | On-Camera Interviewer | Editorial Producer

Emmy Award-winning podcast and television host, journalist, and producer with extensive experience conducting on-camera interviews and developing stories from initial research through final edit. Currently hosts and co-produces The Flyover Podcast and The Feel Good Flyover, creating audio, video, and social content focused on news, faith, hope, service, and resilience. Her work has also included producing and conducting feature interviews. Known for thorough preparation, thoughtful questions, and an ability to help guests feel comfortable on camera. Her Christian faith shapes the way she approaches guests, stories, and audiences.

Core Strengths

On-Camera Interviewing	Guest Rapport & Relationship Building
Faith & Lifestyle Reporting	Research & Writing
Podcast & Television Hosting	Editorial Judgment & Producing
Guest Research & Pre-Interviews	Social Content Development

Experience

PODCAST HOST AND PRODUCER, "THE FLYOVER PODCAST & THE FEEL GOOD FLYOVER," FLYOVER LLC 2025 - PRESENT

Host and co-produce two national audio and video podcasts, delivering news and uplifting stories to a growing multi-platform audience.

- Produced and conducted feature interviews for The Feel Good Flyover, including conversations with faith leaders and guests whose stories centered on hope, service, resilience, and transformation.
- Managed guest research, booking, and pre-interviews and developed questions and story structure for on-camera conversations.
- Write and adapt scripts for natural, conversational delivery while maintaining editorial integrity.
- Collaborate with editorial and production teams to develop podcast, video, and social content, contributing ideas for titles, thumbnails, captions, and audience engagement.

CONTENT PRODUCER/HOST, "BEST OF THE BLUEGRASS," WLEX

PROJECT-BASED POSITION 2024

Hosted interviews with local personalities, business owners, and community leaders in studio and in the field.

- Built trust with guests from diverse backgrounds, creating a comfortable environment for authentic conversations.
- Researched, pitched, and produced stories highlighting Kentucky people, culture, and community.
- Developed and implemented new digital production workflows to improve coordination across departments.

CHIEF OPERATIONS OFFICER, ONLINE HEALTH & WELLNESS COACHING

2018 - PRESENT

Certified Professional Wellness Coach and Certified Menopause Weight Loss Coach, providing education, encouragement, accountability, and compassionate support.

- Hosted hundreds of live virtual coaching sessions and educational events for diverse audiences.
- Developed training curriculum and educational resources for coaches and clients.
- Created content designed to help individuals build confidence and make sustainable lifestyle changes.

CREATOR, EXECUTIVE PRODUCER, WRITER, HOST, "THE LOCAL TRAVELER," WKYT, WYMT, WBKO, WVLT & KET

2010 - 2018

Created and hosted an award-winning travel and lifestyle series celebrating the people, history, and culture of Kentucky and Tennessee.

- Produced meaningful stories centered on local communities and the people who make them unique.
- Built lasting relationships with community leaders, businesses, and organizations throughout the region.
- Earned 5 Regional Emmy Awards and 3 Telly Awards as producer and host.

HOST & PRODUCER, "KENTUCKY LIFE," KET

2013 - 2015

Produced and hosted documentary-style stories for Kentucky Educational Television.

- Researched story ideas, interviewed guests, wrote scripts, and coordinated production with staff and contracted teams.
- Served as interim host for the series in 2015.

Conducted impromptu interviews and hosted live and recorded productions requiring strong listening, improvisation, and guest interaction skills.

- Researched, pitched, produced, and hosted field segments focused on Kentucky history and community stories.
- Received a Silver Creative Summit Award and Media Person of the Year recognition.

ACTRESS, LEAD & SUPPORTING ROLES - FILM & TELEVISION (CA/KY)

1992 - 2015

Appeared in more than 20 film and television projects, including independent faith-based productions, such as *The Perfect Gift*, *The Easter Experience*, and *The Stranger Series*, developing strong on-camera communication, improvisation, and collaborative skills.

RESEARCHER, ASSOCIATE PRODUCER - PARAMOUNT PICTURES, "THE LEEZA GIBBONS SHOW" (CA)

1996 - 1998

Began in a front office position and was promoted to researcher and later associate producer for the nationally syndicated Leeza Gibbons Show.

- Researched and pitched story ideas, conducted guest research and pre-interviews using LexisNexis, and participated in editorial meetings.
- Coordinated on-screen graphics and assisted with studio and control-room production.

INDUSTRY FREELANCE POSITIONS (CA)

1992 - 2005

Worked in varied behind-the-scenes roles for agents, managers, photographers, acting coaches, and casting directors in Los Angeles.

Awards

5 NATAS Ohio Valley Regional Emmy Awards

ADDY Award - Fazoli's Viral Video, 2010

3 Telly Awards - Producer, Host, Writer

ADDY Award - MSU Commercial, 2010

Media Person of the Year - KDAR, 2016

Creative Summit Award - Producer, 2015

17 Regional Emmy nominations

Education & Training

Azusa Pacific University, Azusa, CA - Bachelor of Arts, Human Development - 2004

Certified Professional Wellness Coach | Certified Menopause Weight Loss Coach

The Groundlings - Improvisation, Los Angeles, CA - 1999

Premiere improvisation and comedy training program with a highly selective audition process.

American Academy of Dramatic Arts, Los Angeles, CA - 1993

Recommendations

"Not only did Amy hit the ground running on very short notice to keep the production of the show on schedule, she maintained our high expectations of quality. Amy was incredibly easy to work with both from the standpoint of our clients and guests and our internal production staff."

Gene Hardy, Director of Sales, WLEX

"Amy is a true professional in every way and the most prolific producer I've known. She is a fountain of creativity and is always positive. Amy faces challenges with courage and grace."

Mike Brower, Director of Production, KET

"Amy brings a positive attitude to the set and a willingness to immerse herself fully in her role. She is not a prima donna and is anxious to serve others."

Kevin Bryan, Media Director, City on a Hill Productions

Selected Video Samples

Kaci Wilson Story - [WATCH](#)Father Jim Story - [WATCH](#)Amy's Altitude Check - [WATCH](#)