

# Belinda Post

News & Sports Anchor/Lifestyle Host, Digital & Traffic Anchor

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[Sports Demo Link](#) | [News, Lifestyle, Traffic Demos](#) | [Belinda Post LinkedIn](#)

## PROFESSIONAL EXPERIENCE:

### Wink News

*News Anchor*

**May 2022-Present**

*Fort Myers, FL*

- A news anchor you can trust, Monday through Friday. Post is dedicated to the truth.
- She anchors two hours morning newscasts each day on the CBS affiliate, in Southwest Florida.
- Her live interview skills and extemporaneous speaking sets her apart, allowing her to speak freely.
- She processes information quickly, and with personality, offers insight or even a joke. Her comfort in front of the camera makes her a favorite.

*Traffic Anchor*

- Post routinely breaks news in the market and is dedicated to helping people arrive alive.
- Her up to the minute traffic reports are an integral part of the morning newscast; her personality brings a lightness to the shows.
- She is responsible for finding all incidents, creating graphics and presenting reports.
- Delivers traffic alerts for six radio stations in the area, for four hours each day.

### Meredith Corporation, KCTV-TV

*Lifestyle TV Host of "Better Kansas City"/Fill-in News Anchor*

**August 2018-August 2021**

*Kansas City, MO*

- Energetic co-host of talk show Better Kansas City, giving viewers entertaining information to make better decisions about their lives. Post mastered cooking from James Beard Award-Winning chefs and got in on the DIY action with the best of them. She also showed Kansas City the latest fashion, hair and makeup looks, gardening tips, interior design trends and interviewed Garth Brooks and Rob Riggle.
- During Post's tenure as anchor, the show saw year-to-year growth between 100%-125%.
- Post regularly interviews CEOs, business leaders and top performers in their fields.

*Traffic Anchor*

- Integrate camera views across the Kansas City metro to give a live look at current accidents and traffic patterns.
- Develop relationships with KC Scout, law enforcement agencies and troopers to break the latest traffic stories.
- Build maps that show what's happening now and outline detours to help drivers.
- Detail construction work in a concise, meaningful, articulate way.
- Post shows drivers how to navigate Kansas City's roadways and provides up-to-the-minute drive times, for anyone who leaves the house running a little behind.

### The E.W. Scripps Company, KSHB-TV

*News Reporter/Fill-in News Anchor*

**April 2016-July 2018**

*Kansas City, MO*

- Post won a regional Emmy Award for breaking news coverage during a live water rescue in Kansas City. She covered historic flooding in 2017 and went live on Weather.com. She was a household regular, reporting live during the morning newscasts, which at the time were the fastest growing shows in the Kansas City market.
- Represent station at community events including emceeding Fashion Week, the Bacchus Ball and a fundraiser for trafficking women.
- Create interactive digital stories for the station's website and maintain an engaging social media personality.

### Missouri Mavericks

*In-Game Host/Sports Reporter*

**August 2016-May 2017**

*Independence, MO*

- Anything goes in hockey and the same is true for hockey interviews. Post showed quick wit and hockey knowledge when doing regular Q&A with head coach John Scott Dixon during Coach's Corner and post-game interviews. Post would host all in game contests during breaks and intermissions. She represented the team for more than 50 games and community events.

### Kansas City Phantoms

*Sideline Reporter/In-Game Host*

**February-December 2017**

*Independence, MO*

- Serve as the first host and sideline reporter for the Kansas City Phantoms, during its inaugural season.
- Work with the team's general manager to create sponsored in game contests and marketing opportunities.
- Post regularly interviewed head coach Chris Coffin during halftime, before and after the game.
- Post created the energy in the arena and was nicknamed "official crowd control".
- Interview players about shining game moments. This was live on the jumbotron, on TV and for the Phantoms' digital properties.

### Morris Multimedia Inc., WTVQ-DT

*News Anchor/Producer/News Reporter*

**March 2014-April 2016**

*Lexington, KY*

- Conceptualize a whole new 10 p.m. newscast, produce and solo anchor that show. Manage reporters and photographers to make sure the latest, breaking news made it into households, Monday through Friday.
- Follow the Big Blue Nation on NCAA March Madness runs, report live from the Kentucky Derby, interview county clerks who made international news for not signing marriage licenses.

**Gray Television, KAKE-TV***Freelance News Reporter*

- Sharing compelling live stories every day on TV – that’s how Post spent her summer vacation in graduate school. She covered one of the longest standoffs in Kansas’ history that ended with the suspects’ death after 32 hours, reported on the auction of the BTK serial killer’s house and covered devastating floods as rains caused the Arkansas River, the Little Arkansas and the Big Ditch to rise to historic levels.

**June 2013-August 2013***Wichita, KS***Gray Television, WIBW-TV***Freelance News Reporter***October 2010-Dec. 2011***Topeka, KS***Niles Media Group, KSMO-TV***Sideline Reporter*

- Find the biggest football fans in the stands and ask them what they love about the game. Interview coaches, players, athletic directors, community leaders and make their hero moment shine. School spirit is loud and proud with Post around.

**Fall 2011-2012***Kansas City, MO***WUFT-TV, PBS***Anchor/Reporter/Producer*

- Report live and produce enterprise stories as a multimedia journalist. This included a piece on the voting rights of disenfranchised felons in Florida, which played a key part in the 2012 election.
- Anchor daily newscasts, including special, election night coverage in the field.
- Post won two AP Awards 1.) Covering an alligator hunt during a record-breaking year 2.) Following a champion ping-pong player, who was blind.

**January 2012-Dec. 2013***Gainesville, FL***GatorVision***Anchor/Producer/Reporter*

- Produce and host the sports show Florida Lacrosse: Journey to the Top. Conceptualize how the show would look – start to finish, decide the angle of each episode, write script, conduct interviews, edit, shoot video of games/practices, manage videographers and editors. Set and meet deadlines for WRUF-TV and GatorVision.com.

**January-May 2012***Gainesville, FL***ABC News***Runner*

- Photograph Newt Gingrich for ABC News’ social media account, transcribe political interviews on tax reform, health care and the wealth gap.
- Shadow George Stephanopoulos, John Karl and other ABC News political journalists on the most pivotal stories of the day.

**2012 Republican National Convention***Tampa, FL***Kansas City Chiefs, NFL***Kansas City Chiefs Cheerleader*

- Approach and find common ground with anyone as an ambassador for the Kansas City Chiefs. Perform live dance routines for 80,000 fans, while learning what grabs people’s attention. Hone interpersonal communication skills by interacting with fans.

**August 2010 – January 2012***Kansas City, MO***EDUCATION:****University of Florida***Master of Arts with Honors, Communications & Journalism***December 2013***Gainesville, FL***Kansas State University***Bachelor of Arts with Honors, Dance & Theatre***May 2009***Manhattan, KS***PROFICIENCIES:**

Writing, Social Media, Final Cut Pro, Edius, iNews, ENPS, MAX System, Data management, Extemporaneous speaking, Interpersonal communication.

**AWARDS:**

Mid-America Regional Emmy Award Winner-Breaking News, Florida Associated Press Best Long Light Feature, Florida Associated Press Best Sports Feature.

**COMMUNITY INVOLVEMENT:**

Post is a member of the Junior League and Top Gun. She sits on the board for the Bacchus Foundation and the Miss Topeka Scholarship Fund. She annually emcees and volunteers for Kansas City Fashion Week, along with several other charitable and civic events. She was named to the Kansas Volunteer Commission by former Kansas Governor Sam Brownback. She was the Top Solo Fundraiser in her area for the Muscular Dystrophy Association for more than two decades, raising more than \$95,000. Post helps serve the homeless each year by collecting and distributing coats for Project Warmth. She was named a Young Artist of the Year in Community Service and received a Quality of Life Award four years. She was named a “Miracle Maker” by Children’s Miracle Network Hospitals four years. She directed grassroots fundraisers for families who lost everything in tornadoes that hit Joplin and Reading.