



Sophie Buddle

Sophie Buddle is a stand-up, a tv writer, and a podcaster. You've seen her on CBC's This Hour Has 22 Minutes as both a correspondent and as a staff writer, CBC's Humour Resources, and she's also been featured on JFL All Access, Kevin Hart's LOL Network, the Winnipeg Comedy Festival and the Halifax Comedy Festival. She is also a writer on a new untitled pilot for CBC. Sophie released her first album in 2019, "Lil Bit Of Buddle," which won Comedy Album of the Year at the 2020 Juno Awards. She released it herself so you can find it on iTunes in the genre "easy listening" which was a mistake, but it is easy to listen to so it's ok. Her podcast Obsessed with Sophie Buddle which tackles people's obsessions from Beyoncé, to American politics, to checking if the door is locked, to revenge is currently available on Apple Podcasts. She is also a three-time runner up (but 4th time's the charm!) for Canada's biggest stand-up contest SiriusXM Top Comic and headlines across the country.