NATALIE KAINZ

JOURNALIST | MEDIA PROFESSIONAL

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Yale Political Science graduate with 5+ years of newsroom experience across broadcast and digital. Skilled in field producing, shooting, editing, and coordinating logistics for breaking news and enterprise stories. Hands-on experience supporting crews, conducting pre-interviews, and producing cross-platform content from pitch to package at NBC, CNN, TVB, and other outlets. ***My portfolio is linked here.***

WORK HISTORY

NBC News

Top Story with Tom Llamas | Associate Producer (Dec. 2025 - Present)

Writes, edits and produces segments and packages for air. Delivers strong pitches on technology, business, and agriculture. Pitched and wrote a 3000 word investigative article for digital about data center development, which involved filing 50 public records requests across 14 states over 3 months. Planned and traveled to a shoot in rural Kentucky alongside a freelance cameraman and a correspondent as the only field producer on a package about the same story. That story was nominated for a Loeb award by NBC News.

Top Story with Tom Llamas | Production Assistant (Apr. 2024 - Dec. 2025)

Shot b-roll and field produced more than ten stories I pitched in Nashville, Kansas City, New York City, and New Jersey. Solo produced live shots and worked with drones. Edited video, wrote packages, and juggled breaking news reporting alongside longer term feature stories. Pre-interviewed guests & organized shoot logistics.

Digital Breaking News Team & New York Bureau | News Associate (Sept. 2023 - Apr. 2024)

Wrote 3-4 articles daily for the breaking news team, frequently using LexisNexis and Pacer to find contact information and retrieve court records. At the Northeast/NY Bureau, assisted producers during shoots in the field, and news gathered for the assignment desk. Covered major cases at New York's courts including Trump's civil fraud trial and the arraignments of pro-Palestinian protestors from Columbia University.

NBC Nightly News with Lester Holt| Intern (Sept. 2022 - Dec. 2022)

Researched stories, logged footage, made graphics, and supported the control room. Wrote social media headlines and captions. Pitched and wrote scripts for stories that aired on Nightly Kids.

CNN

CNN International Productions | Intern (Jun. 2022 - Aug. 2022)

Pitched stories, wrote scripts and produced 5 minute packages on culture, activism & conservation for broadcast and online audiences. Pitched, sourced, and wrote articles about art and the environment.

The New Haven Independent

The New Haven Independent | Reporter (May. 2021- Aug. 2021)

Worked on print and multimedia reporting, filing 6-7 articles per week. Built up a strong network of sources across the New Haven area. Pitched and wrote stories on local politics, community & features.

Asian American Journalists Association

Voices Fellowship | Short Documentary Fellow (May 2021- Aug. 2021)

Part of the AAJA's short documentary team for the Voices Fellowship, a mentorship program for aspiring journalists. Pitched, sourced, shot, and produced a documentary about Hong Kong people immigrating to the USA in the wake of the city's protests and national security law.

Television Broadcasts Limited Hong Kong

TVB Pearl (English News channel) | Reporter & Intern (May 2020 - Aug. 2020)

Pitched, wrote & served as the on-air reporter for packages that aired during Pearl's 7:30pm news hour. Covered COVID-19, the Hong Kong pro-democracy protests, the implementation of the National Security Law, and politics at the Legislative Council. Shadowed reporters, assignment editors, & camera crew.

The Yale Daily News

Multimedia Managing Editor (Sep. 2021- Sep. 2022)

Oversaw the photography, data, video, podcast, and illustrations desks. Planned multimedia content for the paper and made editorial decisions for print articles as one of 3 members of the News' editorial management. Completed an investigative series on the city's plans to build affordable housing on a public park.

Video Desk Editor (Sep. 2020-Sep. 2021)

Directed video projects and trained staff to plan, shoot, edit, and write packages. Produced 3-4 videos per week and successfully monetized the YDN's YouTube channel to assist with funding for future projects.

City Desk | Beat Reporter (Aug. 2019-Sep. 2021)

Wrote 2-3 articles weekly for the city desk as a beat reporter on Yale-New Haven Relations, charities and nonprofits. Produced photography and video content to support print reporting.

The South China Morning Post

Young Post | Junior Reporter (Aug. 2018 - Nov. 2020)

Wrote and pitched articles, made videos, & took photos for SCMP's youth website and magazine. Covered the Hong Kong protests of 2019 and 2020. Mentored younger reporters. After leaving Hong Kong for college, continued to write a column for Young Post called "Letters from the Dorm."

EDUCATION

King George V School, Hong Kong (2017 - 2019)

Student Council President; Honors Student; International Baccalaureate Diploma with a score of 43/45

Yale University, New Haven (2019 - 2023)

Graduated with honors in Political Science and as a Yale Journalism Initiative Scholar. Awarded the 1912 Board Yale News Prize for general excellence in reporting and writing. Activities: The Yale Daily News, the Hong Kong Students' Association, The Yale International Relations Association, The Equity Research and Innovation Center.

SKILLS

- Field Production & Logistics: Crew coordination, gear management, credentials, live shot setup
- Video Editing: Avid Media Composer, Adobe Premiere Pro, Final Cut Pro
- Technical: DSLR shooting, drone videography (DJI Mavic), livestreaming
- Broadcast & Digital: Segment scripting, package production, breaking news coverage, social video
- Languages: English (native), Cantonese (conversational), Mandarin (conversational)
- Microsoft 365
- Newsroom software: iNews, ENPS
- Investigative tools: PACER, LexisNexis