



July 3, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, JULY 7-11

'Tamron Hall' Tackles Today's Meaningful and Important Topics — So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of July 7, 2025. Please note: The lineup is subject to change.

Monday, July 7 (OAD: 4/2/25): Candid Conversations: Feminine Energy. It's a controversial topic and today everybody unapologetically says what they think. Is Feminine Energy necessary for finding love or setting women back 70 years? Actress, director and producer **TASHA SMITH** who stars in Netflix's "Survival of The Thickest" discusses how she found her freedom by embracing self-love and feminine energy on her own terms. **ARIANA CASTELL** and **NAOMI FIAWOO** join the Tam Fam to discuss their version of feminine energy; and later, life coach and spiritual mentor **COURTNEY PIERSON** and relationship therapist **BEVERLEY ANDRE** add to the conversation.

Tuesday, July 8 (OAD: 3/24/25): Does It Work?: Today, trending products and hacks in fashion, beauty, food and fitness are put to the test. From pull-string bathing suits and face-lift tape to kettle fryers, the latest viral products are tried by a trusted panel of experts.

Wednesday, July 9 (OAD: 4/24/25): Actress, podcaster and author **TIKA SUMPTER** reveals for the first time her tragic loss. Then, she talks with the Tam Fam about her new children's book, "I Get It From My Mama." Then, stylists **CLINTON KELLY** and **STACY LONDON** talk about going from TLC's "What Not To Wear" to their new show "Wear Whatever The * You Want" on Amazon Prime.

Thursday, July 10 (OAD: 4/30/25): Full Court Press: Women's basketball powerhouse players and stars of season two of ESPN's "Full Court Press" **KIKI IRIAFEN**, **FLAU'JAE JOHNSON** and **HANNAH HIDALGO** are here. Get a behind-the-scenes look at their grit, heart and hustle on and off the court. Then, **ELLE DUNCAN**, co-host of ESPN's "College Gameday" and host of WNBA's Countdown coverage throughout the season, joins the Tam Fam. And a DAYTIME EXCLUSIVE with renowned actors **VICTORIA ROWELL** and **ALLEN PAYNE** on "Jason's Lyric Live."

Friday, July 11 (OAD: 3/26/25): It's Time for a Remix: 3x GRAMMY® Award-winning musician and producer **WYCLEF JEAN** gives a DAYTIME EXCLUSIVE performance of his hit song "9 1 1." He also talks about reuniting with Lauryn Hill for "SNL 50" and giving back to students in a special way. Then, a DAYTIME EXCLUSIVE sit-down with actress/director/author **KRYSTEN RITTER** on her new thriller novel, "Retreat."

“Tamron Hall” is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City.

For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

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