

*Insider* (formally *Business Insider*) can be a great place to pitch a surprising range of story ideas. Since they're often requesting pitches, here are some submission guidelines and editors to look out for (and pitch!).

**[Editor Paige DiFiore](#)** - Life and entertainment editor. Pitch [pdifiore@insider.com](mailto:pdifiore@insider.com)

**[Editor Konz Preti](#)** - Parenting editor. Pitch [cpreti@insider.com](mailto:cpreti@insider.com)

**[Editor Kiera Fields](#)** - Looking for freelance pitches from UK writers.

**[Editor Lauryn Hass](#)** - looking for freelance pitches and job diaries from US writers - [lhaas@businessinsider.com](mailto:lhaas@businessinsider.com)

**[Editor Jack Sommers](#)** - See what he's looking for [here](#)

**[Editor Sirena Bergman](#)** - She's the digital culture editor. See her Twitter thread for in depth guidelines to pitching her department.

**[Editor Edith Honan is looking for Feature Pitches](#)** - For longer, more heavily reported stories, pitch her.

**[Editor Tufayel Ahmed](#)** - Entertainment editor

**General Pitching Guidelines for Insider**