



SARAH DE LA O

Director of ABC News' "The View"

Sarah de la O is a nine-time Emmy® Award-winning television director, currently in her 11th season directing ABC's "The View." She holds the distinction of being the first and only female director in the show's 29-season history. In 2024, de la O and "The View"'s directing team received the Daytime Emmy Award for Outstanding Directing Team for a Multiple Camera Daytime Non-Fiction Program.

Her primetime directing credits include ABC's "Bachelor Pad," "After the Final Rose," "The Bachelorette: The Men Tell All" and "The Bachelor: The Women Tell All." Earlier in her career, she directed live talk shows and televised events such as VH1's "Make a Band Famous," Telemundo's "La Voz Kids," "E3 All

Access Live" for Spike, "Crowd Goes Wild" with Regis Philbin, Bravo's "Watch What Happens Live," VH1's "Big Morning Buzz," and red-carpet coverage for the TV Guide Network.

A Los Angeles native, de la O is a graduate of the University of California, San Diego, and resides in New York with her daughter.

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