Miranda La Rose is currently a regular contributor (as a freelancer) to the Stabroek News/Sunday Stabroek published by the Guyana Publications Inc. Prior to this she was employed as the Sustainability Coordinator with responsibility for corporate social responsibility and public relations with the Aurora Gold Mines (AGM) Inc then owned by the then Canadian company, Guyana Goldfields Inc from February 2019 to June 2021. Before joining AGM, she was a senior journalist with the Guyana Publications Inc from April 1, 2018, to January 2019. Prior to this she was a senior political and foreign affairs reporter with the Trinidad and Tobago Newsday newspapers in Port of Spain, Trinidad and Tobago from April 2001 to March 2018.

She also did a 14-month stint with the Trinidad Express newspapers as an investigative and political reporter. Before leaving Guyana for Trinidad and Tobago she spent over 14 years writing for Stabroek News covering mainly the education, political and foreign affairs/foreign trade beats. Ms La Rose joined the media on the 2nd of June 1985 as a media communications cadet and was initially assigned to the Guyana Chronicle. She then was appointed the Information Officer – Region One where she served from June 2, 1997, to May 1990.

She was then transferred to the then Guyana Public Communications Agency in Georgetown as a Senior Public Information and Public Communication Officer where she remained until, May 1993. She has covered many important assignments locally and overseas including Caricom Heads of Government meetings, the European Union and Latin American and Caribbean Summit in Guadalajara, Mexico,2004, the Organisation of American States Conference of the Caribbean, Washington, DC, June 2007, the immediate aftermath of Hurricane Ivan in Grenada, 2005 and the cyanide spill from the Omai Gold Mines in the Essequibo River in August 1995. She has also covered many Heads of State visits to Guyana and Trinidad and Tobago (TT) and was among the journalists who covered then Prime Minister of TT Dr Keith Rowley's five-day state visit to Jamaica in July 2007.

She also took part in many training programmes for journalists locally and overseas including the US State Department International Visitors Programme in the US in September 2000, conflict resolution workshop for journalists in Northern Ireland, 2004 and trade seminar for African Caribbean Pacific journalists in Belgium 2007. Ms La Rose is an award-winning journalist having copped over 13 awards for her writing on the environment, tourism, health issues, political reporting and sports reporting- particularly in the field of rugby in Guyana and TT.

In September 2016 she was recognised by the then Ministry of Indigenous People's Affairs as Guyana's first Amerindian journalist. Ms La Rose had her formal education at Santa Rosa Primary School, St Joseph's High School, North Georgetown Secondary School and Kivukoni College, (Mwalimu Nyerere University of Social Sciences), Dar es Salaam, Tanzania. She taught for several years at the primary and secondary levels.