



LISTEN ON iHeartRADIO

## ARN COMMITS TO STAFF WELLBEING WITH HEALTH & WELLNESS MONTH

Monday, November 2 2020 – ARN launched a meaningful new business initiative, **Health & Wellness Month**, rolled out across the entire month of October, demonstrating its **commitment to supporting its staff** during these challenging times and beyond.

ARN's Health & Wellness Month comprised of a calendar of virtual events across October, including live speaker sessions, podcasts, Ted Talks, exercise sessions and much more, designed to empower and motivate staff to take control of their physical and mental health.

The content of the initiative was inspired by energist Sean Hall's workshop, *Boost Your Energy & Light Up Your Brain*, which ARN staff participated in earlier this year. Each week, the program theme focussed on one of Sean's four 'F's', being **Fuel** (exercise, sleep and food), **Fire** (purpose, passion, goals), **Feelings** (kindness and gratitude) and **Focus** (focus on what matters).



ARN's People & Culture and Social teams developed the energising and uplifting program for 520 employees nationally, sessions took place virtually and at convenient times. Staff were encouraged to enrol in any sessions they like throughout the month, with prizes up for grabs for getting involved.

To celebrate Health & Wellness Month, ARN also **launched a brand-new digital radio station on iHeartRadio, The Get Up** with staff song requests of hits that lift them. ARN staff, along with anyone interested in health and wellness, are invited to tune in.

**ARN's People & Culture Operations Manager Belinda Hilton**, who is led the initiative, said "We were excited to be able to offer Health & Wellness Month to ARN employees right across Australia.

“With so many people experiencing feelings of isolation, loneliness, depression, lack of motivation and poor self-esteem as a result of changes in this new COVID world, there has never been a more critical time to nurture physical and mental health.

“It was important to us to be inclusive, with sessions to suit everyone and topics including getting a great night’s sleep, time management, live meditation, laughing yoga, Batyr Mental Health, group personal training, nutrition, finding your purpose, and much more. There was even a live Q&A with our ARN on-air talent who discussed how they stay on top of their own health and wellbeing.

“It was rewarding to see so many of our ARN colleagues embrace the initiative and participate in the sessions. Our aim is to offer a sense of connection for our staff during these tough times, and equip them with the tools they need to best take control of their lives, their physical health and fitness, and their mental health.”

**ARN’s CEO Ciaran Davis** said, “We’ve got great people working at ARN, and we are especially proud of this initiative which was designed to support our staff during what has been a very challenging year.

“Our intention with Health & Wellness Month was to offer our colleagues a safe place to boost their health and fitness, to start conversations about mental health and encourage them to reach out for support, and to learn valuable coping and life management skills.

“We firmly believe a wellbeing strategy is critical for the overall health and happiness of staff, and particularly for our friends and colleagues in Melbourne who were hugely impacted by stage 4 lockdown.

“Maintaining good physical and mental health is also linked to boosting productivity in the workplace so, from a business perspective, we also see tremendous value in employing this initiative.”

According to Beyond Blue, **three million Australians live with anxiety or depression**, and research shows this issue has only been exacerbated by the tough times brought by COVID-19.

A **Monash University study** conducted from April to May 2020 found that **almost 50%** of Australian respondents had experienced at least one Post Traumatic Stress Disorder (PTSD) symptom, including but not limited to **stress, anxiety, depression or suicidal thoughts, associated with the COVID-19 pandemic.**

It is with these universal statistics in mind that ARN’s People & Culture and Social teams developed Health and Wellness Month.

#ARNHWM

\*\*\*

**About ARN**

ARN is one of Australia's leading Broadcast and On-demand audio companies, 'Defining Audio', with ownership or investments in 12 radio stations nationwide in addition to digital entertainment platform, iHeartRadio. ARN's vision is to deliver the most complete audio offering for audiences and advertisers, and its network brands

KIIS and Pure Gold, along with iHeartRadio and The Edge, entertain and influence over five million listeners each week across Australia.

Its KIIS network consists of Sydney's KIIS 1065 with Kyle & Jackie O, Melbourne's KIIS 101.1 with Jase & PJ, Adelaide's Mix102.3 with Jodie & Soda, Brisbane's 97.3FM with Robin, Terry & Bob and Perth's 96FM with Botica's Bunch for Breakfast. The National Drive Show across all stations is Will & Woody.

Its Pure Gold network consists of Sydney's 101.7 WSFM with Jonesy & Amanda, Melbourne's GOLD104.3 with Christian O'Connell, Brisbane's 4KQ with Laurel, Gary & Mark and Adelaide's Cruise 1323 with John Dean.

The Edge is available on FM as The Edge 96.ONE in Sydney and nationally via iHeartRadio and DAB+. The Edge Breakfast hosts are Mike E & Emma.

iHeartRadio, the world's fastest-growing digital service, was launched by ARN to the Australian market in 2013 and since then, the platform has had over 2.2 million downloads of the app and over 1.6 million registered users.

ARN's iHeartRadio is a free, all-in-one radio, music streaming, podcast and live events platform. In addition to being able to access their favourite music from around the globe, audiences can access their favourite stations in Australia from ARN, the ABC, SBS and Macquarie Media, as well as stations from New Zealand and the USA.

In 2020 ARN launched iHeartPodcasts Australia, providing advertisers with access to significant scale across local, global and catchup podcasts. The network quickly became Australia's number #1 podcast publisher alongside holding the #1 podcast in Australia.

ARN's suite of digital and social assets are the online home to Australia's leading radio stations, providing highly engaged entertainment content and news, complementing the on-air experience ARN's stations are best known for.

ARN is a HT&E company. For more details, head to [www.arn.com.au](http://www.arn.com.au).