

Feb 16, 2021

FOR IMMEDIATE RELEASE

**MEDIA RELEASE:**

**Mental Health: Employers and Entrepreneurs Desperately Seeking Solutions**

**[AUSTRALIA]:** Back to school, back to work, was the break enough to give Aussies a rest? Not according to some employers. Businesses and entrepreneurs alike are struggling to find their mental momentum mojo in 2021. After the onslaught of 2020, did the holidays give us enough time for a full recharge of our mental and emotional batteries?

Australia's most advanced corporate wellness technology provider, ShaeWellness, has found the corporate marketplace is desperate for motivation, mental wellness tools, and effective solutions. "CEOs and HR Managers we are hearing from are just exhausted," shares ShaeWellness President & Founder, Matt Riemann. "Corporate leaders are depleted and staff are deflated. Many businesses started 2021 hoping the holiday break would be enough for staff to recharge, but between monitoring media for lock-downs, random COVID outbreaks, and managing kids all day, there wasn't the usual 'break' we typically get after the intense year we all had in 2020."

"We hear it's the lack of effective mental wellness support, energy-level plateaus, and basic engagement at work that's causing major lapses in workplace momentum at the moment." Riemann furthers. "Managers seeking us out are privately sharing they were at a loss of what to do - their staff needed extra support, and they just didn't know where to find more relevant, helpful tools to support them. And this even begs the question - who's helping these exhausted leaders right now?"

What Australia's workforce needs right now is a healthy infusion of hope, a massive dose of optimism, and solid delivery of support. "Australia is our home nation. We are here to help however we can. During the height of COVID, we saw significant improvements reported in stress levels in 88% of our technology users. This was the inspiration for 'Australia's Healthiest Workplace Challenge' offering - a team-based, socially-engaging, momentum-building 30 day corporate program proven to decrease biological stress. We're literally giving businesses all the technology tools and help they need, for free, to revitalize the energy and team spirit we all need right now."

Australia's Healthiest Workplace Challenge is a heart-centred 30 day corporate mental wellbeing program, completely free for corporate teams of 20 and under. 15% of any revenue generated from the program is funneled into Mental Health Program funding for all Australians. Corporate teams can register until March 26th to give leaders their answers, and staff their access to Australia's most advanced and precise wellness technology. It's time to empower healthy results into the DNA of Australia's economy.



For more information on Australia's Healthiest Workplace Challenge 2021, visit: <https://shaewellness.com/australias-healthiest-workplace-challenge/>

*ShaeWellness is the corporate world's first dna-driven, ai-powered Mental Wellbeing & Physical Health epigenetic solution. It delivers complete lifestyle support at work, and at home, for a holistic, user-centric, ecosystem of health. The medically-endorsed, scientifically-validated, evidenced-based ShaeWellness platform uses advanced epigenetic analysis and AI technology to assess and deliver unique mental and physical health insights. It relays customised, precise behaviour change support to each individual user. ShaeWellness technology is currently being used in over 120 countries by medical experts and corporate wellness practitioners alike.*

**Matt Riemann is a sought after Health Futurist speaker and presenter as President & Founder of ShaeWellness. He is available for interviews upon request.**

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