

# Jo Stanley

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## *MC & Keynote Speaker*

Jo Stanley is a talented radio and television personality and film producer. She is also a warm, friendly and highly professional MC and speaker.

A Melbourne girl, Jo established her career back in 2003 as one half of the hilariously entertaining breakfast radio show *The Matt & Jo Show* on Fox FM. Over ten years, together with funnyman Matt Tilley, Jo created Australia's most listened-to radio show, spending an incredible six years at number one.

Famous for their banter and warm authenticity, *The Matt & Jo Show* brightened up weekday mornings with plenty of stories, jokes and celebrity interviews. Over their ten-year run, Matt & Jo interviewed a number of big name celebs, including Matt Damon, Hugh Jackman, Lady Gaga, Nicole Kidman and Beyoncé.

Eventually-perhaps feeling a little inspired by Queen Bey - Jo decided it was time to belt out some tunes herself. So, in 2007, she signed up for Channel Seven's singing contest *It Takes Two*. Jo paired up with singer Anthony Callea, where the two battled it out against other Australian celebrities, and made it all the way to the show's grand final. Jo and Anthony finished in an impressive second place, however Jo ultimately decided to stick to radio.

In 2013, after a hugely successful decade on air, *The Matt & Jo Show* bid a fond farewell to their listeners, with their final breakfast show airing on November 29th, 2013. But of course, that wasn't the end for Jo. Soon after *The Matt & Jo Show*, Jo returned to the microphone as co-host of *Weekend Breakfast*, broadcasting to 52 stations nationally, on Southern Cross Austereo's Today Network.

Two years later, in early 2016, she joined the breakfast team at *GOLD 104.3*, alongside Anthony 'Lehmo' Lehmann. Together, the pair hosted new morning radio show *Jo & Lehmo for Breakfast*. The on-air chemistry between Jo & Lehmo was clear to see with the show's ratings growing consistently, culminating in the show rating the Number 1 FM breakfast show in Melbourne after the radio ratings survey results in November 2017- the best result for the station in over ten years. However, after an incredible two years on air, they said their final goodbyes to their listeners.

Having appeared on all TV networks in Australia, Jo is currently co-host of *The House Of Wellness*



on Channel 7, where she loves sharing her passion for mindfulness, meditation, gratitude and self-compassion. She also hosts *The House of Wellness* radio show, nationally on the 9Entertainment Network, every Sunday morning. And she is the creator and presenter of *Best of You in the House of Wellness*, a podcast about mindfulness and showing up with the best version of you, in all of life's challenges.

Jo writes a column in the *Sunday Life Magazine*. Jo is also the creator of the *Play Like A Girl* book series for readers aged 8 - 10, about an Under 11 girls' footy team.

Aside from her vibrant career in radio, Jo has appeared on several TV shows across various networks-including the ABC, Comedy Channel, Network Ten, Network Seven and the Nine Network. Over the years, she has graced our screens on shows like Channel Ten's *The Project*, *The Circle*, *Good News Week*, *The Panel* and *Australia's Brainiest Quiz Show*, as well as Channel 7's *SlideShow*, *Good as Gold*, *Thank God You're Here*, *Sunday Brunch* and Channel Nine's *Clever*. Since December 2013, Jo can also be seen making regular appearances on Network Ten's breakfast show, *Studio 10*.

In addition to her time in front of the cameras, Jo has spent some time behind them. After working on a number of short films over the years, Jo eventually decided to establish her own production company, Headspace Enterprises. Headed up by director and producer Darren McFarlane-who coincidentally happens to be married to Jo- Headspace Entertainment has a number of projects under its belt, including *Shotgun Wedding*, which was a finalist in Tropfest in 2014.

At the start of 2021 Jo launched her new online radio station *Broad Radio*. Broad Radio is framed as radio for women, by women. It currently airs as a once-weekly hour-long livestream on Facebook.

Jo is a qualified and accomplished 1:1 Executive Coach, certified by the Institute of Executive Coaching and Leadership. She has been coaching for 4 years and brings her experience as a leader in the media industry, as a post-graduate in management studies, and as a mindfulness advocate to each session, allowing her to be creative with her coaching approach.

Jo is a member of the Ministerial Council on Women's Equality, advising to the Victorian Minister for Women; ambassador for Smiling Mind; patron for Wellsprings for Women, providing programs and services for migrant and asylum seeking women; and patron for the Lighthouse Foundation, which provides homes and ongoing, loving support for young people experiencing homelessness.

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