

# Surrey Podcaster Reaches 100,000 Listens

Submitted by: Tom Evans

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Today, Thursday 24 March 2016, sees The Zone Show

(<http://www.thezoneshow.com/2016/03/tzs-173-the-stress-free-zone/>) – the popular podcast hosted by author, inspirer and mindfulness expert Tom Evans (<http://www.tomevans.co>) – reach over 100,000 listens. The show is recorded in Tom's home office in the Surrey Hills, UK from where he interviews guests all over the world over Skype.

The podcast which helped the show to reach its 100,000th listener was with Coulsdon-based business coach Hazel McCallum. Hazel works with people to achieve peak performance without getting burnt out and trains managers and their younger employees (the so-called Generations Y and Z) to appreciate generational differences and work together productively in the workplace. She also specialises in stress management, emotional intelligence and developing interpersonal skills. Her firm Moving On Up Coaching (<http://movingonupcoaching.com/>) offers a personal, interactive and authentic approach to developing these areas.

Hazel has experience in a range of sectors including health, construction, the Civil Service, financial sector and education, both in the UK and globally. She has also written an e-book entitled 'Managing the Stress Epidemic' (<http://movingonupcoaching.com/stress-ebook/>) and latterly a white paper entitled "Work Related Stress: why is it a problem and what can you do about it?"

Tom Evans said, "It was great to have Hazel on for such a milestone in The Zone Show's history.

"I'm delighted with the number of listens that The Zone Show has got. It really is a testament to guests such as Hazel, who I would love to have back on the show soon!"

Claire Powell, Head of UK Content at audioBoom, which hosts The Zone Show, said, "audioBoom is a global platform that hosts, distributes and monetises spoken word audio content for the biggest broadcasters, content creators, podcasters and producers. We are delighted to be working with Tom Evans and to see The Zone channel go from strength to strength on the audioBoom platform."

An ex-BBC television engineer, Tom discovered meditation in his mid-forties and quickly wrote a book. He soon started coaching others to write and taught them simple meditative techniques to improve their creativity and allow them to tap into 'lightbulb moments' on demand.

He soon discovered that when he wrote in a light meditative state, time took on a different quality and slowed down. This exploration of 'getting into the zone' led to Tom starting The Zone Show, which has evolved to be a stage for Tom and his guests to discuss all manner of topics.

A prolific author, Tom has recently published his 12th book, Mindful Timeful Kindful ([http://www.amazon.co.uk/Mindful-Timeful-Kindful-Introduction-Mindfulness/dp/B01BUENGSC/ref=asap\\_bc?ie=UTF8](http://www.amazon.co.uk/Mindful-Timeful-Kindful-Introduction-Mindfulness/dp/B01BUENGSC/ref=asap_bc?ie=UTF8)).

There have now been 174 episodes of The Zone Show since Autumn 2013, and it has garnered a substantial fan base with listeners in far-flung countries such as Afghanistan, Australia, Brazil, Finland and Hawaii

and is syndicated for download via Apple iTunes, Stitcher, Tunein and Mixcloud.

Useful links:

<http://www.thezoneshow.com>

<http://www.tomevans.co>

<http://www.thezoneshow.com/2016/03/tzs-173-the-stress-free-zone/>

ENDS

More details about Tom, his books, courses and podcast can be found online at [www.tomevans.co](http://www.tomevans.co)

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About Tom Evans

Tom Evans is an author specialising in making the esoteric (or unknown and hidden) into the exoteric (known and understood). He is also the creator of Living Timefully, a mindful approach to time management. Living Timefully is a self-study programme that will change your relationship with time at a fundamental level by changing the speed and nature of your thoughts.

He hosts the popular podcast The Zone Show, which explores the way in which we get into, and stay in, 'the zone' and has written a book on the subject: The Zone: How to Get in It and Stay in It.

'A modern day mystic, a healer, a 21st century philosopher, a temporal alchemist and the wizard of light bulb moments'. These are just some of the many ways in which author Tom Evans has been described throughout his eclectic career.

Tom studied electrical engineering before working as a BBC television engineer for 20 years and in the Internet industry for a further ten. His career then changed direction dramatically.

In his mid-40s, he discovered meditation and began to write books on a number of subjects including self-help and personal development, philosophical futurology and metaphysical exploration.

He is available for interview and to deliver inspiring keynote talks and workshops. He is also interested in interviewing people with interesting tales to tell on his podcast.

About Hazel McCallum

Hazel is a skilled professional with extensive experience both at home and abroad where she has been a Director in a Top Ten Construction Consultancy, one of Her Majesty's Inspectors for the HSE and a Nurse Manager in high care areas.

Hazel now uses her expertise and knowledge to assist organisations to improve leadership skills and team performance, stress management, interpersonal skills and practice better time management.

Hazel offers services including group events such the Generation Wise seminar, aimed at managers who would like to gain a deeper understanding of the younger generations entering the workforce and how best to develop them. The workshop is an introduction to a more extensive programme which enables managers to build the skills necessary to extract the best results from their 'Generation Ys', increasing the likelihood that they be engaged and remain with the organisation for longer.

This is complemented by a programme entitled 'Survive and Thrive' providing an opportunity for employers to access a modular system to upskill their younger employees and help them to become more 'work ready'. She also offers one to one and group coaching.