

Lockdown Listening: Podcasts to cure WFH boredom

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Searching for a new podcast? Read on for a few ideas of insightful and inspiring podcast series you can listen to now!

For the exercise enthusiast: Lucozade Sport's Running The Show with Dev and Sam

If the lockdown leaves you missing your normal exercise routine, get an extra dose of fitness with the Lucozade Sport Running Show with best friends and novice runners Dev Griffin and Sam Thompson. Join Dev and Sam's journey as they reached out to trainers, nutritionists and mindfulness gurus to understand what it takes to be serious runners.

Interested in listening? You can listen to the six available episodes [here](#).

Running The Show will be returning later this year with a further six episodes!

For the empowered youth: Youth Rising by NCS

The national lockdown has left people with time to think, so why not give Youth Rising by NCS a listen for engaging discussion on important issues that matter to young people right now. Youth Rising by NCS is produced for young people, by young people making the content relatable and relevant. So far in the series, topics have covered:

- Prison Reform and Pressures of Social Media
- Men's Mental Health and Feminism
- Knife Crime
- Racism over Coronavirus
- Isolation Diaries, Coronavirus school closures and Lockdown Lowdown
- And more!

You can listen to the podcast on [Acast](#), [Apple](#) and [Spotify](#).

For the industry insight: MediaCom's Connected Podcast

Each week Andrew Spurrier-Dawes, Global Digital Director, and Sue Unerman, Chief Transformation Officer, host a guest to speak about a selected topic, from how Spotify has changed over the years to tips on running a business and leadership. With a catalogue of 90+ podcasts, there is something for everyone!

Have a listen to all the episodes on [Apple](#), [Soundcloud](#), and [Spotify](#).

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