

## Media Release

---

### **SuperFriend announces three new Board appointments**

**Melbourne, 13 May 2019:** SuperFriend, the workplace wellbeing partner of the superannuation and insurance industry, today announced three key appointments to its Board of Directors. Sarah Guthleben from Equip Super, workplace health expert Professor Niki Ellis, and mental health campaigner Mitch Wallis (Australia & New Zealand Mental Health association Ambassador) will commence effective immediately.

“Sarah, Niki and Mitch’s appointments will complement our longstanding and thriving Board. These important appointments complete our Board growth from four Directors to eight as part of our growth strategy and governance review,” said SuperFriend Chair, David Atkin.

“Their experience and collective passion for supporting mental health in workplaces will amplify our shared vision that all Australian workplaces are mentally healthy. We are delighted to welcome three leaders of such high calibre to the SuperFriend Board.”

Sarah Guthleben, who joins as a Partner Fund representative, has more than 19 years’ experience in the human resources and financial services industries. She is currently Executive Officer People, Capability and Enablement at Equip Super.

Professor Niki Ellis joins the SuperFriend Board as an Independent Director, bringing over two decades of executive experience in both private and public health sectors. Professor Ellis’ has served on various Boards since 1994 and brings a combination of experience in academia, research management, innovation in health and disability services delivery and insurance medicine.

The third appointment is Independent Director Mitch Wallis. Mr Wallis recently founded an international not-for-profit mental health campaign to eradicate stigma called the ‘Heart On My Sleeve Movement’. He was also appointed the first ambassador for the Australia & New Zealand Mental Health Association. He is an emerging leader with a lifelong mission to empower others to



overcome suffering and reimagine the healing power of the mind through storytelling, community and technology.

SuperFriend CEO, Margo Lydon said: “All three appointments mark the growing diversity of our Board and will significantly help champion SuperFriend as a leader of delivering practical solutions for the mental health and wellbeing of all Australians in workplaces.”

ENDS

**For further information, please contact:**

Rashmi Punjabi

Honner

T. 02 8248 3734 or 0466 658 475

E. [rashmi@honner.com.au](mailto:rashmi@honner.com.au)

**About SuperFriend**

SuperFriend focuses on creating positive, healthy and safe working environments where every employee can be well and thrive. Our vision is for an Australia where all workplaces are mentally healthy.

SuperFriend works with all 'profit to member' superannuation funds to promote and support improved mental health and wellbeing for their members, through the workplace. SuperFriend collaborates with all profit to member funds, group insurers and the mental health sector to develop the capacity and capability of its partner funds and insurers and advocates for policy and practice change to improve mental health outcomes for all working Australians.

