

Please don't stop the music!

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Kfm's all-star workday line-up: Tracey Lange and Ryan O' Connor



For some people having music on at work makes them more productive. Music stimulates the mind and aids a feel-great workday.

This is especially true for Kfm 94.5's workday listening power team: Tracey Lange and Ryan O'Connor. The twosome - longtime industry friends who took over the 'work zone' listening time slot in June 2018 and are already proving to be a hit with listeners in the Cape.

"The all-star line-up featuring Tracey and Ryan kicked off in June 2018 much to the delight of our listeners. Tracey's first show received an overwhelming response from listeners, and we saw thousands of messages stream in on our studio WhatsApp line to show support and love for her during her first show. Her humour and girl-next-door approach has provided the perfect soundtrack for listeners during the first half of their workday. Tracey is followed at 12pm by Ryan O'Connor. Ryan is a heritage Cape Town presenter and music fan who is able to connect with audiences in the final stretch of their day in the office," said Stephen Werner, Programme Manager, Kfm 94.5.

Tracey Lange: 9am-12pm

An upbeat and positive start to your workday. The best mix of music and entertainment to make your workday feel like a breeze!

Tracey's favourite songs to listen to whilst working:

1. Destiny's Child - *Independent Woman*



**YOUR ALL-STAR WORKDAY
LISTENING DUO**



Tracey Lange and Ryan O' Connor

Catch them Monday - Friday 9am - 3pm on Kfm 94.5

the most music to make you feel great

2. Robin S - *Show Me Love*
3. Bob Marley - *Could You Be Loved*

Ryan O' Connor: 12pm–3pm

Ryan takes you through lunch and the final stretch of your workday with a feel-good music selection, easygoing entertainment and his special brand of humour.

Ryan's favourite songs to listen to whilst working:

1. Tracey Chapman - *Fast Car*
2. Lionel Ritchie - *Dancing on the Ceiling*
3. Bryan Adams - *Everything I Do*

Werner adds: "Music is critical to most listeners' workdays, and we provide the perfect mix of the 80s, 90s and current pop across our workday shows. Listeners can also look forward to our seven-in-a-row feature (seven songs, uninterrupted) every hour, that will keep listeners' energy up during their time at the office.

Tune into Kfm 94.5 Monday to Friday to listen to Tracey Lange from 9am-12pm, and Ryan O' Connor from 12pm–3pm. For more on Kfm 94.5 click kfm.co.za, or follow the station on social media: @KfmZA.

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