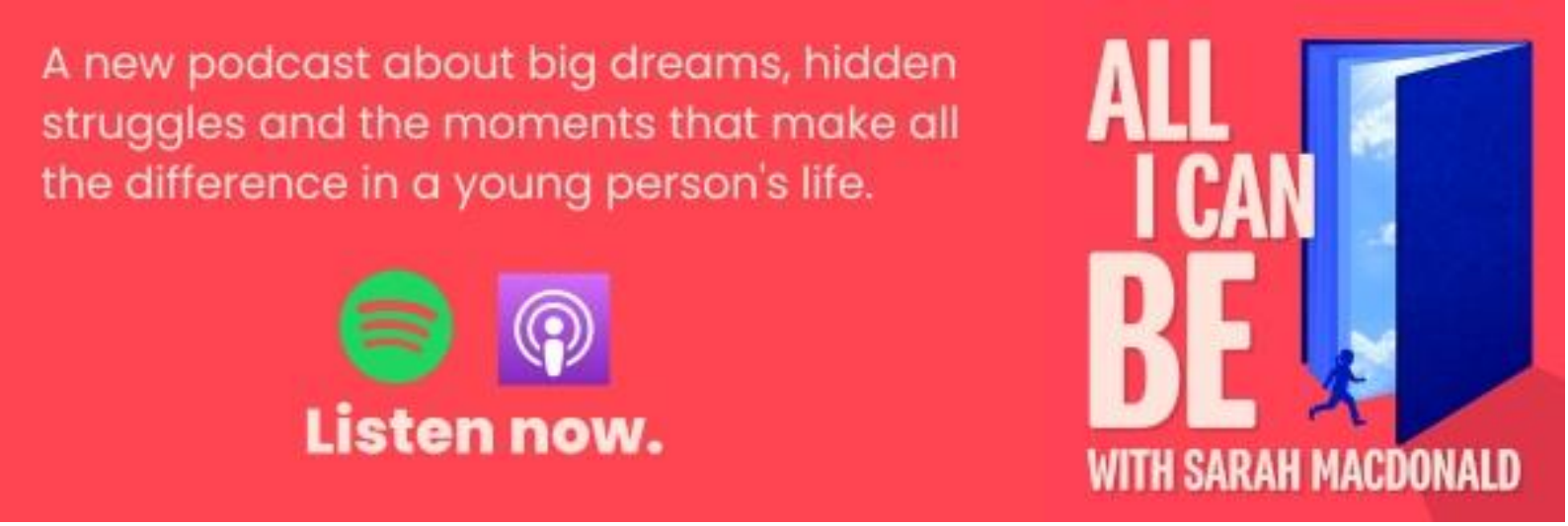


What is a podcast?

- A podcast is like a radio show you can listen to on demand, any time you want.
- You can pause, rewind, fast-forward and come back to it later.
- There are podcasts on all kinds of topics from history and business to travel and news.
- Podcast episodes can be short (10 minutes) or long (an hour or more).
- Podcast popularity is growing rapidly around the world. In 2023, one study found that 43% of Australians aged 12+ had listened to a podcast in the past month — making us one of the leading podcast-listening countries.
- Generally, people listen to podcasts on their phones, but you can also listen on a tablet or computer.
- Most people listen through either Apple Podcasts or Spotify. **We've included step-by-step instructions for both**

How to listen using Apple Podcasts on an iPhone

Apple Podcasts is already installed on every iPhone — you don't need to download anything.

1. **Find the Apple Podcasts app** on your phone. The icon is purple and white,
2. Tap to **open the app**.
3. **Tap search** (the magnifying glass in the bottom right)
4. In the search bar, **type: All I Can Be.**
5. Tap on the podcast when it appears in the results.
6. **Tap follow** (near the top right). This saves the podcast for you so you don't need to search again.
7. Scroll down to **start listening.** Tap the trailer and then tap each episode to play it.

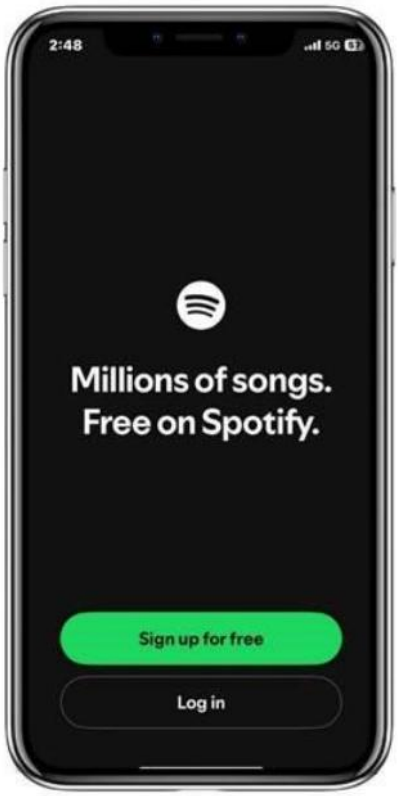
How to listen using Apple Podcasts on an iPhone

How to listen using Spotify on any phone

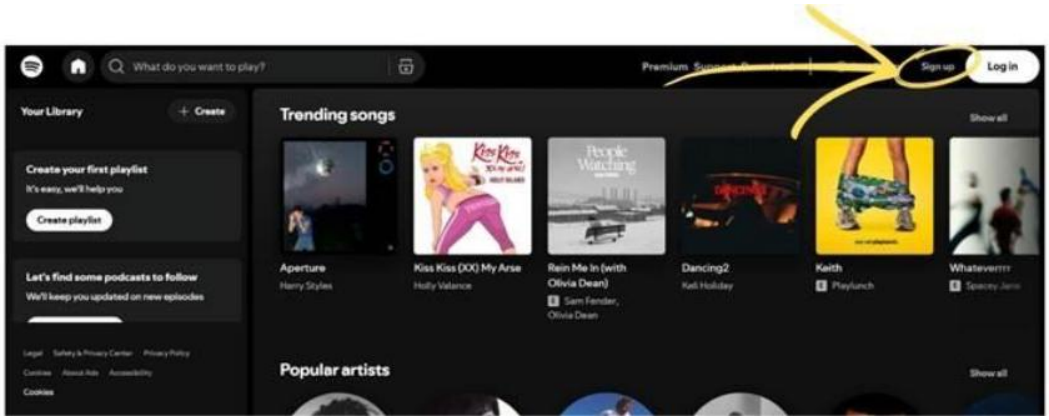
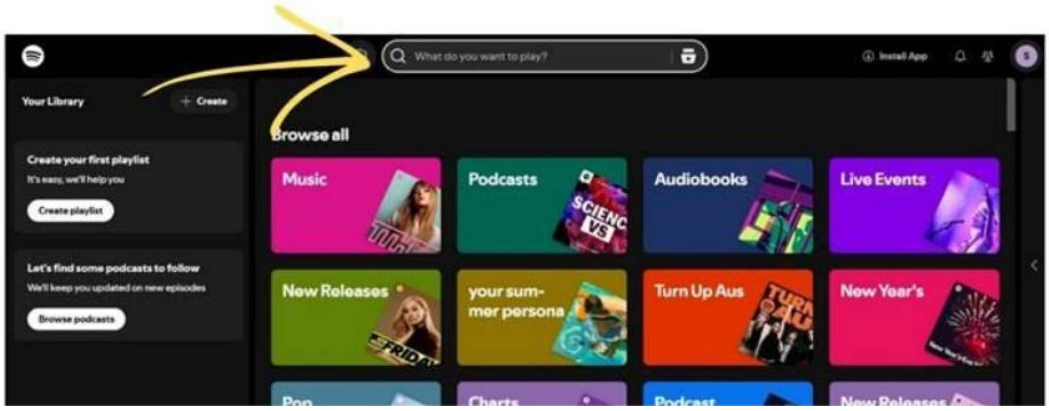
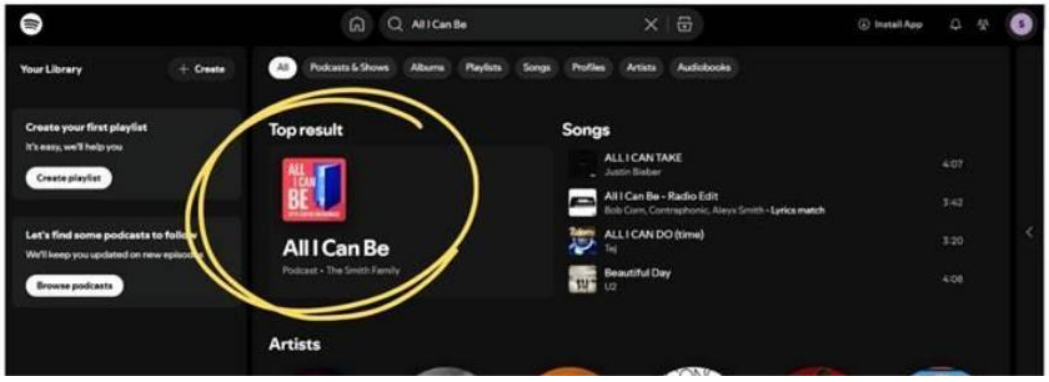
If you already have Spotify installed on your phone, open the app and continue from step 8.

1. Open the **Google Play Store (Android phone) or the App Store (iPhone)**.
2. In the **search bar, type Spotify**.
3. Tap **Install** (Spotify is free).
4. When it finishes installing, tap **open**.
5. You'll be asked to **create a Spotify account**.
6. **Tap continue with email** (or continue with Google if you prefer) and follow the instructions.
7. A **free account is all you need** to listen to podcasts.
8. Once you have created your account, tap **search** (the magnifying glass at the bottom of the screen).
9. **Type: All I Can Be.**
10. **Tap on the podcast** when it appears in the results.
11. If All I Can Be doesn't appear, you will need to **filter the results by clicking the button labelled 'podcasts'.**
12. **Tap follow** to save the podcast so it's easy to find again.
13. **To start listening**, tap the trailer, then tap any episode to play it.

How to listen using Spotify on any phone



How to listen on a computer

1. **Open an internet browser** (Chrome, Safari, Firefox, Microsoft Edge — any browser is fine.)
2. Go to the **Spotify website - spotify.com**
3. Click on sign up (in the top right corner) to **create a Spotify account**. If you already have an account you can choose log in instead.
4. **Tap continue with email** (or continue with Google if you prefer) to create your account.
5. A **free account is all you need** to listen to podcasts.
6. In the **search bar** at the top of the screen, in the middle, **type: All I Can Be** (you might also need to **hit enter**).
7. **Click on the podcast** when it appears in the results.
8. If All I Can Be doesn't appear you will need to **filter the results by clicking the button labelled 'podcasts'.**
9. **Click follow** to save the podcast so it's easy to find again.
10. **To start listening**, click the trailer, then click any episode to play it.

How to listen on a computer