



# JO HOLLEY

**Location:** Auckland

---

Jo Holley is a multi-talented and award-winning individual known for her remarkable contributions as a TV presenter, wellness advocate, and environmentalist. Jo's genuine commitment to the well-being of both individuals and the planet has earned her recognition and respect in her field. Her work as a TV presenter, wellness advocate, and environmentalist has garnered several awards, including the prestigious Environmental Excellence Award and the Humanitarian Media Award.

With a deep passion for inspiring positive change and promoting a healthy lifestyle, Jo has become a respected figure in the field of holistic wellness and sustainable living.

Born and raised in Gisborne East Coast (Ngati Porou), Jo's love for nature and the environment was instilled in her from an early age. She spent her formative years exploring the outdoors, developing a strong connection with the natural world. This upbringing sparked her curiosity about the delicate balance between human well-being and the health of our planet.

Jo's journey as a TV presenter began when she enrolled in a broadcasting course after completing her high school education. Her infectious energy, charismatic presence, and genuine interest in people quickly propelled her career forward. She started out as a local news reporter, covering various stories ranging from community events to environmental issues. Her ability to connect with viewers and deliver insightful content earned her a loyal following.

However, Jo felt an undeniable calling to make a more significant impact on people's lives. She embarked on a personal journey of self-discovery, exploring various wellness practices and studying holistic healing modalities. This transformative experience deepened her understanding of the mind-body connection and the power of self-care. Jo soon realised that her true passion lay in helping others live healthier, more balanced lives.

Off-camera, Jo is an avid hiker and yoga enthusiast. She continues to educate herself and others through public speaking engagements, workshops,



and writing articles for prominent publications. Her tireless efforts to promote holistic wellness and environmental stewardship serve as an inspiration to countless individuals around the world.

Jo Holley's journey is a testament to the power of passion, purpose, and the belief that each person has the capacity to make a positive impact. Through her work, she continues to ignite a spark of change, encouraging others to embrace a holistic approach to their well-being and join the movement towards a more sustainable and conscious future.

#### References:

"Jo absolutely nailed Sonia, my wife's, 60th celebrations. Jo performed the role of 'Professor of Personal Optimisation and your 'Life Auditor' and directed the show with such spark and humour. Its success didn't happen by chance; Jo was instrumental in planning and choreographing the show, working with me closely on concept, collateral and props. I would highly recommend Jo to anyone who wants to really bring a fun spectacle to an evening". David McConnell

---

## SKILLS

<b>Accents</b>	Australian, English, Japanese, Russian, Samoan, Spanish
<b>Dance</b>	Dancing, Hip Hop, Māori » Kapa Haka
<b>Instruments</b>	Guitar, Keyboard, Piano
<b>Languages</b>	Spanish » Intermediate, Te Reo Maori » Advanced
<b>Other</b>	Character Voices, Journalism, MC Events & Conferences, Modelling, Public Speaker, Screenwriter, Voiceovers, Writing
<b>Singing</b>	Blues, Choir, Pop, Vocalist
<b>Speaking Topics</b>	Celebrity, Environmental, Inspirational, Keynote Speaking, Lifestyle, Motivational, Sustainability, Well-being, Work-Life Balance
<b>Sports</b>	Abseiling, Aerobics, Archery, Athletics, Badminton, Baseball, Basketball, Boating, Body Boarding, Boxing, Cricket, Cycling, Fencing, Fishing, Free Diving, Golf, Gymnastics, Hockey, Horse Riding, Ice Skating, Lawn Bowls, Martial Arts, Motorcross, Mountain Biking, Netball, Pilates, Professional Scuba Diving, Rock Climbing, Roller Skating, Rollerblading, Rowing, Rugby League, Rugby Union, Sailing, Skateboarding, Skiing, Snowboarding, Soccer / Football, Squash, Surfing, Swimming, Table Tennis, Tennis, Touch Rugby, Volleyball, Water Polo, Water Skiing, Wind surfing, Yoga, Diving » PADI Certified Advanced Diver

