



# JO HOLLEY

**Location:** Auckland

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Captivating big thinkers and buoyant minds requires perception, energy and authenticity and it's clear that Jo Holley's got all three. As well as a genuine excitement about inspiring and connecting with people, young and old, Jo is a multi-talented powerhouse, known for her considerable contributions as a TV presenter, wellness expert, and ocean and environmental advocate. Life experience, passion, purpose: tick.

Born and raised between Auckland's harbour and Gisborne's East Coast, Jo is of Ngati Porou descent and proud of it. And it's on the coast that Jo's love for nature and the environment began. Imaginative and intellectually curious, she spent her formative years exploring the outdoors, revelling in Aotearoa's forests, rivers, mountains and coastal playgrounds. The result is a genuine and contagious connection with the natural world, coupled with a deep understanding of urban life.

Jo's infectious energy, charismatic presence, and genuine interest in people quickly propelled her career forward. Her ability to connect with her audience and deliver insightful content has earned her a loyal following.

Studying holistic and clinical healing modalities has given her a bigger understanding of the mind-body-spirit connection and the power of self-care. Amid the pressures of working at the high-powered pace of modern life, Jo has a strong passion for helping others live healthier, more balanced lives.

Jo's focus around integrated wellness and environmental stewardship has been a foundation to create captivating content, alongside working with political and travel organisations to create regenerative travel practice and policy.

Through her work, she continues to activate positive change, encouraging others to embrace an holistic approach to their well-being, live a thriving, amplified life, and join the movement towards a more sustainable and conscious future.

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. She lights up her Instagram account with her captivating and fun online presence. More than that, she motivates audiences to make the very best of



themselves.

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## 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

