



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Jay Dryden

- ✔ Jay is great at encouraging people who are wanting to live a healthier life style focusing on the Mind, Body and Soul. He enjoys getting people back into the outdoors with hiking, camping, surfing, basketball, kayaking, snorkelling and fishing.
- ✔ He has a background in business development and runs a charity Mother for hope that ships educational tools and clothing to South Sudan and Forward Motion Mentors.
- ✔ Jay has been mentoring for 2 years, he has experience with 1 on 1 clients and running mens support groups. He undertakes motivational mentoring with clients who speak highly of his ability to engage and creatively problem solve in a fun and collaborative manner

Skills & Experience

- ✔ To Fill In
- ✔
- ✔
- ✔
- ✔
- ✔
- ✔
- ✔
- ✔
- ✔

Interest & Hobbies

- ✔ Photography
- ✔ Videography
- ✔ Camping
- ✔ Surfing & Snorkeling
- ✔ Kayaking
- ✔ Fishing
- ✔ Outdoors
- ✔ Building & Woodwork
- ✔ Bowling
- ✔ Skating
- ✔ ADD ANY
- ✔ OTHERS
- ✔
- ✔
- ✔
- ✔

Contact us!

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