

James 'Jay' Hollingshed
Public Speaker & Mentor
www.JayHollingshed.com



Mr. Jay Hollingshed is a success-oriented Public Speaker with a passionate speaking style that engages the spirit of his audience, enlightening them in the area of Personal Development. Being successful and adding value have been foundational elements of Jay's character since his pre-teen years. He's been building on that foundation in every facet of his life and uses it to add value to individuals and organizations. Jay is a Dale Carnegie trained Public Speaker that focuses on three areas of Personal Development; *Character Development, Developing a Success Oriented Mindset, and Overcoming Fear*. Jay's work connects the thoughts, desired outcomes and actions of his audience in a manner that develops growth & success.

For eight years, Jay was a volunteer & speaker for the United Way of the Mid-South where he engaged executives of Fortune 100 & 500 corporations and local government leaders to support United Way in their philanthropic efforts. Jay's critical thinking and passion for helping others developed during his 15-year tenure as a Memphis firefighter. He became a state certified fire instructor and received the life saving Medal of Honor for his actions off duty. Jay was also the owner of Mr. Jay's Barber Shop, an upscale facility he designed and had erected from its inception. There, he engaged in mentoring with teenage boys within the community. For five years, Jay worked as an Emergency Department Technician for LeBonheur Children's Hospital in Memphis, TN. When not administering emergency care, he played a vital role in the emotional well being of his patients and their families.

Jay holds a Bachelor of Arts degree in Management and Organizational Development from Bethel University and is currently completing a Masters of Science Degree in Healthcare Administration from Trident University International. Jay is a member of *Alpha Phi Alpha Fraternity Inc.* where he serves on the education committee. Jay volunteers as a Board Member for 'ALL THAT' – *Teens Hopeful About Tomorrow*, a Columbus, OH non-profit organization that mentors children in the areas of self-development, critical thinking, decision making, career opportunities and life skills.

In Jay's free time he enjoys cooking, carpentry, family time & watching God work. He also enjoys being known as the 'Volleyball Dad' who motivates from the stands. Jay is married with two beautiful teenage daughters.