



Jay Hollingshed is the owner of *jayHOLLINGSHEd® LLC* where he is a Coach, Speaker & Author. *jayHOLLINGSHEd® LLC* offers mental performance, life, executive coaching, and public speaking. Jay is a cultivator of positive mentalities. He introduces others to their potential and fosters a harmonious relationship between the two. He helps clients position themselves to be claimed by a greater mental performance in the areas of athletics, entertainment, occupation & education. Jay teaches & coaches life from the perspective of ownership versus tolerance. Jay has worked with colleges, sports organizations and entertainers. Jay has committed himself to his calling/purpose of adding value to individuals and organizations by helping decision makers become leaders.

Jay Spent eight years volunteering, speaking and facilitating training for the United Way of the Mid-South. While there, 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. As a state certified fire instructor, Jay worked as a fire officer, and even received the coveted life-saving Medal of Honor for his actions off duty. Jay worked beside psychologists & psychiatrists contracted with Memphis Fire's O.S.H.A. division as a member of their Critical Incident Stress Debriefing team, assisting traumatically stressed firefighters.

Jay is a John Maxwell certified coach, trainer & speaker. He received his Sport Psychology Coaching through Spencer Institute. Jay has a Bachelor's Degree in Organizational Development, a Master's Degree in Healthcare Administration, and has begun studies for his Educational Doctorate in Sport & Performance Psychology. Jay has co-authored two Amazon.com best-selling books, '20 Beautiful Men', a national best-seller, and 'Local Business Mavericks vol.14', an international best seller. Jay is a proud member of Alpha Phi Alpha Fraternity Inc. where he serves his community and enjoys contributing to the development of new leaders. Jay volunteers as a Board Member for 'ALL THAT' – **Teens Hopeful About Tomorrow**, a Columbus, OH non-profit organization that mentors youth in the areas of self-development, critical thinking, decision making, career opportunities and life skills.

In Jay's free time he enjoys cooking, carpentry, and reading. He treasures his family time with his wife and daughters. Jay's famous tagline is, "Through Love Be a Blessing." More information On Jay Hollingshed Can be found at his website, jayHOLLINGSHEd.com