



Meet the British-born, former monk & award-winning digital strategist turned captivating host, storyteller and viral content creator. Since launching his video channel in 2016, **Jay Shetty's** viral wisdom videos have garnered over 3 BILLION views and he has gained over 20 MILLION followers globally.

Jay was named in the Forbes 30 Under 30 Class of 2017 for being a game-changer and influencer in the world of Media. Jay's daily show on HuffPost Live #FollowTheReader, where he has interviewed the likes of Russell Brand, Tim Ferris, Dr. Shefali, Simon Sinek and Deepak Chopra, reached one million people daily. Jay aims to deliver educational and insightful content in an entertaining, uplifting format - with the mission of making wisdom go viral. His inspirational video reach is known to skyrocket upwards of 35 to 100 million views within seven days of launch. He has created content for and partnered with the likes of Snapchat & Facebook and serves on the National Geographic Chasing Genius Council.

After meeting a monk at the age of 18, Jay sought to redefine personal success. He was inspired by a life of service, impact and passion as opposed to money, fame and power. After graduating with a first-class BSc (Hons) Degree in Behavioral Science from Cass Business School, he turned down lucrative job offers from prestigious companies, moved to India and lived as a monk. He traded his suits for robes, shaved his head, slept on the floor and lived out of a gym locker. Jay meditated for 4-8 hours a day and studied ancient philosophy. Half the day was spent on personal growth and the other on help others. This included everything from personal and collective meditation, study and reflection to teaching and philanthropy. For three years, Jay...

## Jay Shetty

### Speech Topics

- Technology
- Teambuilding
- Social Media
- Personal Growth
- Peak Performance
- Inspiration

