

GreenX7 facilitator

Matt Mitchell



My Why

Having grown up in a naturally rich part of Australia, I was always drawn to the ocean or the bush. This close connection to nature grew stronger and led me to Outdoor Education. Passionate about helping others, I have worked closely with others in developing their understanding of themselves and their unique abilities. Being surrounded by love and great communicators allowed me to explore my own potential, my own resilience and connect with others in a very 'real' capacity. This is the fruit of my life long journey and I still enjoy refreshing, changing and adapting to life's pathways. I am at my best when combining nature and personal development, walking new paths and learning more about myself and how to best help others.

Background History

Bachelor of Business (Human Resource Management). Outdoor Education Facilitator, working with 'at risk' youth, Indigenous and Pacific Islander youth, people with mental health issues and disabilities. Working closely with people using activity to enable learning and change is one of my strong points. In the last 8 years, I've worked in a Business Development role, heading up Indigenous and Micro Finance programs for a Community Bank in Australia.

Skill set

Motivator
Communicator
Educator

Favourite Elements

Environment
Movement
Connection

Green Exercise

Freediving
Surfing
Paddle Boarding

Quote

A man is but a product of his thoughts; what he thinks, he becomes.

~ Mahatma Gandhi