

# JO HOLLEY

**Location:** Auckland

Jo Holley (Ngāti Porou) is a powerhouse MC who brings energy, heart and unmistakable mana to every stage she steps onto.

A renowned television presenter, wellness practitioner, celebrant, travel writer and entrepreneur, Jo has spent more than two decades connecting with audiences across Aotearoa and internationally. Whether commanding a festival crowd, facilitating high-level panel discussions or inspiring rangatahi in a school hall, Jo has a rare ability to read a room, lift the energy and create genuine connection between speakers, audiences and ideas.

With a career spanning both the entertainment and wellness industries, Jo effortlessly bridges glam and grounded. She is just as comfortable hosting thousands at major events like Jim Beam Homegrown, Ultimate Athlete, Taste Auckland and SkyCity Breakers Live as she is moderating thought-provoking discussions, guiding corporate wellness experiences or hosting prestigious events such as Prix de Fashion and the Ronald McDonald Red Shoe Ball.

Jo thrives on facilitating meaningful conversations and she doesn't just host panels, she ignites them. With her down-to-earth presence, sharp intuition, humour and quick wit, she creates spaces where authentic dialogue flows and big ideas shine. From facilitating leadership panels to hosting celebrity interviews such as Live with Joel Parkinson, she brings warmth, curiosity and quick wit to every conversation, making both guests and audiences feel completely at ease.

With more than 20 years running her own events and production company, Jo understands live events from the inside out. She manages programme flow, speakers and audience energy with ease, ensuring every event runs seamlessly.  Quick thinking and calm under pressure, Jo thrives in live environments where timing, adaptability and multitasking matter.

A long-time ambassador for Duffy Books in Homes, Jo has visited more than 650 schools across New Zealand, inspiring tamariki to dream big. In 2024 she served as MC for the organisation's 30-Year Nationwide Celebration Tour, travelling across Aotearoa facilitating celebrity panels and delivering

motivational talks that leave young people feeling seen, heard and empowered.

Guided by the Māori values of whanaungatanga (connection) and kaitiakitanga (guardianship), Jo is also a passionate advocate for environmental and ocean regeneration initiatives across the Pacific. As a travel writer and global explorer, she champions regenerative travel and conscious tourism, encouraging people to leave every place better than they found it.

Beyond the stage, Jo is deeply passionate about wellbeing and human potential. As the founder of Vibe Shift and Lift, a transformational wellness hub blending ancient wisdom with modern science, she delivers talks, retreats and experiences that help individuals and teams cut through the noise, face what's really going on beneath the surface, reset their energy, unlock clarity and move forward with purpose.

That same philosophy carries into Jo's creative life. Known for repurposing materials and transforming overlooked spaces, she has a natural talent for turning the unexpected into something extraordinary.

With more than two decades of experience across live events, broadcasting and public speaking, Jo brings charisma, warmth and razor-sharp professionalism to every stage, leaving audiences energised, connected and inspired long after the event ends.

Reference:

Jo took the role as MC for our event with surf icon, Joel Parkinson, and was the perfect fit with our guest speakers and crowd. After a late speaker withdrawal, Jo jumped in and saved the day with huge enthusiasm and desire to help out where possible. She came along on her own accord to our pre-event sponsor activations to make sure she was up to speed with the team, and then delivered exactly what we were after for the evening event - timeliness, humour, rapport with the crowd, Q&A with the speakers and brilliant stage management with our crew. Jo provided the bond that kept everything else working smoothly and helped make the event a great success.
Heath Ingham: Events Innovated Ltd - Joel Parkinson and Ronnie Blakey

## SKILLS

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| **Accents** | Australian, English, Japanese, Russian, Samoan, Spanish |
| **Dance** | Dancing, Hip Hop, Māori » Kapa Haka |
| **Instruments** | Guitar, Keyboard, Piano |
| **Languages** | Spanish » Intermediate, Te Reo Maori » Advanced |
| **Other** | Character Voices, Journalism, MC Events & Conferences, Modelling, Public Speaker, Screenwriter, Voiceovers, Writing |
| **Singing** | Blues, Choir, Pop, Vocalist |
| **Speaking Topics** | Celebrity, Environmental, Inspirational, Keynote Speaking, Lifestyle, Motivational, Sustainability, Well-being, Work-Life Balance |
| **Sports** | Abseiling, Aerobics, Archery, Athletics, Badminton, Baseball, Basketball, Boating, Body Boarding, Boxing, Cricket, Cycling, Fencing, Fishing, Free Diving, Golf, Gymnastics, Hockey, Horse Riding, Ice Skating, Lawn Bowls, Martial Arts, Motorcross, Mountain Biking, Netball, Pilates, Professional Scuba Diving, Rock Climbing, Roller Skating, Rollerblading, Rowing, Rugby League, Rugby Union, Sailing, Skateboarding, Skiing, Snowboarding, Soccer / Football, Squash, Surfing, Swimming, Table Tennis, Tennis, Touch Rugby, Volleyball, Water Polo, Water Skiing, Wind surfing, Yoga, Diving » PADI Certified Advanced Diver |