

**GreenX7 facilitator**

# Tim Jack Adams

**Founder**



## My Why

At the heart of everything I do, it's about reconnecting people to themselves, each other and the natural environment.

'My why' lies in the sharing of my knowledge and the tools that I have created to help others design a life rhythm for their 'everyday wellness'.

It is also to support others to nurture themselves and improve their emotional, physical and mental well-being for a true prevention-before-prescription lifestyle.

I'm here to help support and guide people back to their "True North" - it is my purpose, it gives me a profound sense of value for who I am and it makes me happy.

## Background History

For the past 15 years, in one way or another, I've always connected people through nature, whether it was for fun or work. What I innately knew was soon to become apparent through scientific evidence, proving that the 7 elements of GreenX7 are extremely beneficial to our mental, emotional and physical wellbeing.

Over the course of many years I have invited others along the journey to create what is now known as GreenX7, together with my biggest inspiration being my partner Brianna who showed me how to reconnect to myself. Now I want to share what I have learnt and what helps me with my everyday wellness.

### Skill set

**Keynote**  
**Workshops**  
**Coaching**

### Favourite Elements

**Environment**  
**Movement**  
**Connection**

### Green Exercise

**Freediving**  
**Surfing**  
**Paddle Boarding**

### Quote

"There's not one scrap of evidence to say that life should be taken seriously, so find something you love and enjoy it".

~ TJA