

Shane Way

Shane Way, owner of your Way Wellbeing is a personal Trainer and Wellbeing coach with the goal of helping others achieve health, happiness & a full quality of life. The majority of his work is in Mental Health, running wellbeing programmes across the Henry Rongomau Bennet Centre, Puawai Forensic Services and Community based rehabilitation services.

Shane is a 3-time National award winner, Winning student of the year in 2017, up & coming personal trainer of the year in 2017 and a special award for community contribution in 2018 – all at the New Zealand Exercise Industry Awards. This year he has been nominated for Educator of the Year.

Shane has a passion for public speaking and education/advocacy, He has recently taken on a role as a lecturer at the Wintec Centre for Sport Science and Human Performance, as well as running his own workshops and seminars around mental health awareness and LGBTQIA+ Advocacy, speaking for such organisations as The Waterboy, Waikato Queer Youth, Seed Waikato & at the National FitEx Convention.