

Mr. Audley Coley is a motivational speaker, fitness instructor, a certified Toast Master, winning the 2004 Table Topic and Humor Championship Competition where he represented the Sunlife Group, the subject of the book *Audley Enough* by Lesley Whyte Reford, a Bell Canada representative for Bell “Let’s Talk” program for the last four years, and the winner of the Community Leadership award in 2019 from Montreal Cares, was diagnosed with manic depressive disorder at 27 years old.

After winning the “Most promising Dancer award” in 1978 from the Rolland and Romaine School of Dance in Toronto, Mr. Coley migrated north at 19 years old, where he started the first dance program in Frobisher Bay (1979), now known as Iqaluit. He returned south, to Montreal, to complete his formal training in Jazz and Ballet Dance. Audley graduated from Concordia University with a BA in Fine Arts specializing in Dance.

Dabbling in the entertainment industry, performing with Renee Simard in the 1987 CBC TV special “Escale a Memphis”, with Normand Braithwaite, in 1989 a “CBC Christmas Special”, and in 1992 “He Shoots He Scores”, Audley decided to pursue his interest in the Fitness Industry. He completed his Certified Fitness Instructor with Kane in 1985.

Audley worked at the Atwater Club for the last 20 years, which provided the routine he needed to cope with his mental illness. His core group, the Yummy Mommies, has been the key to his success.

Audley was invited to Iqaluit in 2018 as a speaker for Suicide Prevention Month. In 2019, he worked with “Les Grands Ballet” in their dance therapy program. Audley was a speaker for the “Mental Health Program” of the Jamaican Association in 2020. Before COVID impacted our lives, Audley was working with the dance therapy program at the Montreal General Hospital.

During the lockdown, he has given interviews on the radio in St. Kitts, with the Jamaican Association, and One Full Circle on how to cope with COVID and mental illness. You can see his interview on CBC “You can’t ask that” which aired on October 9, 2020.

Also in October 2020, Audley was the first speaker in the L’Oreal Canada mental health program, which was designed to assist their employees to cope with the challenges of working during the COVID lockdown.

His life experiences, including living in several different cultural environments: Jamaica, Toronto, Furbisher Bay (Iqaluit), and finally predominantly French-speaking Montreal, where he has made his home, have provided Mr. Coley with a wealth of personal experience and cross-cultural skills, which he utilized to reach out and touch various people and communities.