



**Greg Sokup (He/Him)
Peer Mentor
In-person/Tele-Health
SPECIAL INTERESTS:**

**LEADERSHIP | MENTAL HEALTH | RELATIONSHIPS & FAMILY |
PHYSICAL FITNESS & WELLBEING | YOUTH EMPOWERMENT |
ANXIETY & DEPRESSION | SELF-CARE | WRITING & MUSIC |
NUTRITION | EMPLOYMENT SUPPORT |**

Greg is a dedicated student at UW La Crosse, where he is pursuing a degree in Business Marketing. His leadership journey is highlighted by his roles as captain of both the football and track teams, as well as serving as a forensics officer and directing student plays. Additionally, his achievements as an Eagle Scout reflect his commitment to personal growth and community service.

Greg is deeply passionate about empowering youth, motivating them to unlock their full potential, and serving as a positive role model throughout their development. With three siblings of his own, he understands the importance of strong familial relationships and teamwork. He enjoys staying active and cherishing outdoor activities, always looking for opportunities to learn and grow.

Greg's mission is to help children build self-confidence and discover their best selves. Through engaging activities like team sports, creative writing, and music, he creates an inclusive environment where kids can explore their interests and

develop essential life skills. He also emphasizes mental health and self-care, providing support for those dealing with anxiety and depression. By promoting nutrition and physical fitness, he encourages children to lead balanced, fulfilling lives while preparing them for future opportunities in education and employment.

In everything he does, Greg remains dedicated to fostering a supportive atmosphere where all youth can thrive.