



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 student at UW La Crosse, majoring in Business Marketing. He has leadership experience as a football and track team captain, forensics officer, student play director, and Eagle Scout. He's passionate about motivating and inspiring people to reach their full potential and being a positive role model to them along the way. He grew up with three siblings, enjoys being active, spending time outdoors, and always looks to make the most out of every opportunity. He believes everyone can reach their full potential and strives to support youth in their journey towards building self-confidence and discovering their best self.