

JACQUES WIJTMAN

MENTAL HEALTH ADVOCATE

PUBLIC SPEAKER / PODCAST HOST

RADIO HOST



SPEAKER PROFILE

About Jacques

Jacques Wijtman is a South African mental health advocate, speaker, podcast host, and recovering gambling addict with more than seven years of sobriety. Through his personal journey, Jacques has dedicated his life to helping young people better understand addiction, emotional resilience, mental health, and the pressures facing modern youth.

Jacques is the host of The Endure Edge Podcast, where he interviews athletes, entrepreneurs, mental health professionals, and individuals with inspiring stories of overcoming adversity.

He has also appeared on podcasts including Sias du Plessis Unfiltered and Middle Way Podcast, speaking openly about his gambling addiction, recovery and mental wellbeing. In addition, Jacques hosts The Monday Thrive on 91.9FM every Monday from 6pm-8pm, focusing on personal growth, resilience, and meaningful conversations impacting South Africans today.

What Jacques covers

01 Gambling addiction awareness among teenagers and young adults

02 Mental health in young men

03 Emotional resilience and self-worth

04 Peer pressure and social influences

05 Healthy coping mechanisms and decision-making

06 Addiction recovery and asking for help

07 Discipline, mindset, and purpose

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WHY THIS CONVERSATION MATTERS

Before harmful habits begin.

Many students become legally eligible to gamble at the age of 18, and at the same time, online gambling platforms and mobile betting apps are aggressively targeting younger audiences through highly addictive and fast-paced games such as Aviator and similar online betting formats.

These platforms are often marketed in ways that appear harmless, exciting, and socially acceptable, making young people particularly vulnerable before they fully understand the emotional, financial, and psychological risks involved.

Jacques speaks honestly about how gambling addiction develops, how quickly it can escalate, and the long-term impact it can have on mental health, relationships, finances, and identity. His talks are designed to educate students before harmful habits begin, while encouraging open discussion, critical thinking, and healthier life choices.



Previous Engagements

Jacques has spoken at schools including Jeppe Boys High School, engaging students aged 16-18 in impactful and relatable discussions around addiction awareness, mental health, and resilience.

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BOOKING INFORMATION

Bring this conversation to your school.

Jacques offers motivational and educational talks tailored to high school learners, leadership groups, wellness programs, and parent evenings.

Sessions can be customised according to the age group, school environment, and specific areas of concern.

For bookings, collaborations, or further information, schools are invited to contact Jacques directly, details listed below:

MENTAL HEALTH / ADDICTION / RESILIENCE

Motivational and educational talks for schools.

CONTACT JACQUES

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FIND JACQUES ON

- **Website**
- **YouTube**
- **Instagram**
- **Spotify**
- **Apple Podcasts**