

S: Welcome to today's episode of SavannahAlaliaTV.

Here's where we create sparkling habits in your business, your life, and the world.

In today's episode of SavannahAlaliaTV, we are joined by a remarkable gentleman who has overcome incredible personal challenge, and is now inspiring people daily.

Meet Jack. Jack's appearance in this Scope ad got a lot of attention. Encouraging almost a million others to donate. He was featured on Sky News and 5 News. But there was another reason he stripped.

J: So I want to create role models for other disabled people.

S: So he challenges himself to be the best he can be.

VO: He reckons he can beat the course on one leg, and he's gonna prove it--

J: The thought that modelling would ever be a career that I could ever even explore, let alone do well in.

S: In spring of 2015, Jack Eyers made International Modelling News. He walked the catwalks at New York Fashion Week wearing clothes designed by Antonio Urzi, Lady Gaga's designer.

J: How you doing?

S: Thanks, thank you so much for joining us today.

J: No worries, that's great, thank you.

S: I know many of our viewers are really, really curious about how you got to where you are today. Because I know - I know, 'cause I've known you for about 10 years now. But you're overnight success story--

J: Yeah.

S: Has been more like some years in the making.

J: Yeah.

S: And you've obviously had to go through quite a lot physically and mentally to get to where you are now, and achieve what essentially is international recognition - I'm gonna call it what it is.

J: Yeah.

S: And I know with, I know one of the things that we like to focus on with SavannahAlaliaTV is meaningful connection. And of course we like to talk about sparkling habits as well. And I know people in our audience are gonna be fascinated to hear you go a little bit deeper about how you've -- Meaningfully connected to your purpose, and created the life that you're living in such joy right now.

J: Yeah.

S: So I know, let's backtrack a little bit. I know when we first met, I think it was about a month after you'd had your leg amputated.

J: That's right, yeah.

S: And you weren't in the brightest place in the world.

J: No.

S: So maybe, are you happy - if you're happy to, if we can talk a little bit about that. The challenges that you faced. Obviously physically but mentally as well at that time.

J: Yeah.

S: And what the key triggers that helped you make a shift to begin to--

J: Yeah.

S: Path that you're on now.

J: Yeah sure, okay, okay. So at the very beginning, I was born with a condition in my right leg called proximal femoral focal deficiency - PFFD.

And it basically meant that my own leg was - it didn't grow properly, it was very deformed. There's a deformed hip joint, and there was deformed knee joint. The bones are very weak in the right leg, the muscle structure wasn't there either. It was basically a leg that didn't work. It was just - to me it was just a dead weight. It gave me a lot of pain.

They gave me prosthetics to wear to try and make the length the same so I could walk, which just did havoc for my back. And then my back, horrendous. Like I said, it weren't the most comfortable. To start with, they made a metal and leather - when I was very young. Give me blisters and all the rest of it. However, I was always quite a, a very practical person. I was into sports - playing football, all the rest of it.

But then it got to a point, probably as I reached end of primary school, when I got a little bit more interested in girls and I got very self-conscious. And I decided that perhaps what-- I was made aware that I was different. Before then perhaps I didn't realise I was disabled. I didn't, all I did is act the same as everybody else. There was a little bit of pain, but perhaps I thought everyone else is in pain as well? So anyway, I was about 10 years and I, I suppose I experienced my first bit of depression.

And I used to go to the Limbing Centre, where they do the prosthetic limbs. And I was introduced to a guy called Louis, Louis Brownsell. I'll always remember his name. And he was born with the same condition as me. He had his leg amputated when he was 16, and he'd literally just come back from filming Saving Private Ryan, with Steven Spielberg. And he called himself a one legged stunt man. So he opened my eyes up, and he made me realise that using my disability as an advantage could be really good.



I could use my disability as an advantage
#sparklingwisdom from @JackEyers

And it means that I live all the things that I want to do. So my - I was quite confident I wanted this operation. I wanted to have my leg amputated. He had his leg amputated when he was 16, I wanted my leg amputated there and then. I was only 10 years old. But anyway, they made me kind of-- They said originally that I had to wait until I was about 18 years old.

As I got into secondary school, I was a little bit sort of - well very self-conscious. There was 3 groups at school. There was like the sporty people, which I had kind of gone, drifted away from. There was the very sort of like intelligent geeky people, which I wasn't particularly in - and then there was the bad boys, and I kinda fell in the bad boys crowd.

Started messing with drugs, started messing with lots of alcohol. Which obviously played on my insecurities and gave me a little more sort of depression and social anxiety and this sort of stuff. It actually got to the point where - I was smoking weed in the morning before school, I was smoking weed at lunchtime, I was smoking weed after school. I was doing class A's at the weekends. I was drinking on top of it. As well as taking pain killers. I ended up with a stomach ulcer in my stomach. And things were just going rapidly downhill. I was kind of skiving off school and I was in quite a dark place.

Anyway, finished school. I actually did alright with GCSE's - thanks to my parents, my mom was very supportive in that sense - which I'm thankful for now.



[High five to a Gentleman who honours his parents and his Mum #sparklinghabit @JackEyer](#)

And I ended up going to college, and I studied art and design at college. And that's when I was allowed to have my leg amputated. I finally persuaded them when I was 16 to actually cut my, to amputate my leg. I've kind of threatened them a couple of times that, "If you don't cut it off, I'm gonna cut it off." It was really, really holding me back. I was quite down about it. I felt like this weight was just holding me down, and I really wanted to amputate.

S: 'Cause you're quite a tall guy aren't you Jack? Probably most people, you can't see it here - although you look nice and strong. But you're about, you're about - are you 6"2 or something like that?

J: I'm 6 foot 2, and I'm--

S: So a leg that's not working, you can notice on somebody that--

J: Exactly, yeah. I mean couldn't bend the knee. I couldn't bend the leg. I had a straight leg, so public transport, sitting in cars, planes, roller coasters - all my friends were going off to theme parks and stuff. And I was, I couldn't fit on any of the rides, so I was very alone. Which is part of it as well. My friends were talking about joining the Army, or they're talking about doing plastering apprenticeships or brickwork or whatever it was - and I wanted to be with them. I didn't want to be on my own, but I was quite aware that I can't climb a ladder, or I can't kneel down or whatever it was. So I was in quite a dark place because of that as well.

Anyway, I was finally allowed to have my leg amputated. And it got to the point - I ended up smoking weed out the hospital window. I discharged myself after 5 days of being in hospital. Was straight back at home, and I was straight back onto the

class A drugs - on top of all the other medication. And I didn't do myself any good. I ended going back in hospital with an infection in my stomach. I had a flesh eating disease, septicaemia and MRSA. And it was just opening up my stomach. And I was actually in hospital over New Year's Eve. And I was on my own in hospital. Age 16. I could hear all the nurses celebrating New Year's Eve, and I have this - I don't know, I suppose I kind of-- It made me think, it gave me time to think and time to realise. And I started to look on the internet for a bit of inspiration. And my step dad, he's in the fire service. And I had this big idea that I want to be in the fire service.

S: I remember this....

J: And I wanted to be the first. This is it, yeah. I wanted to be the first one legged guy to join the fire service. And I spent 3 years building up my fitness. I quit all drugs, all alcohol, I stopped smoking. I joined a gym. I completely changed my life around, completely changed around. And it was literally overnight as well. It was just because of this life changing experience. Being in hospital, nearly losing my life, nearly losing the rest of my leg. Being on my own on such a like memorable night, I suppose - really made me think. Really made me realise. Anyway, unfortunately I didn't get back into the fire service. Shortly after I've come out of hospital, I was still in quite a dark place. But then I was introduced to Savannah.

S: Oh yes indeed.

J: Yeah. And I suppose, one of the first things I remember, Savannah, you teaching me. Was, you showed me the video of the-- And it was a video at the time, "The Secret."

S: Yeah.

J: "The Secret." How positive thoughts, yeah, positive reinforcement and all that stuff. And we started doing a lot of Reiki and things like this. You were giving Massages. And do you know what, just having somebody to talk to as well. And you'd give me lots of very wise advice. You'd listen to what I'd say. You would - I suppose you made me open my eyes up. 'Cause I think at the time you were just about to go to - I can't remember where you were going to--

S: Ecuador.

J: Ecuador, that's-- Yeah and it made me realise, it made realise yeah. And I think that was part of my inspiration as well, I ended up going traveling, within like a year of having my leg amputated. And I think I was 18 at the time, so 2 years after my leg amputation. I ended up traveling for 3 months. Which was one of my dreams which I wanted to do. So yeah, so that's kinda how I met you.

S: Is. Well you went away and you took radical action though Jack, so you mentioned the inspiration of "The Secret," and everything. But you went an applied everything, and I think that's - that's the thing that's the most important. You really gripped hold of it, and it meant something to you. It meant the difference between where you were and where you wanted to be. And you really ran with it. And I mean you've done some phenomenal things since then. I know you're saying now, you went off and you went traveling but you - you've also done things, everything-- I think it was something called "Soldiers to Screen," you've done as well, haven't you?

J: "Amputees in Action."

S: You've been on - you were on the ropes at the opening of the Paralympics.

J: Paralympics, yeah, yeah.

S: Been named Men's Health - was it Men's Health Magazine's Man of the Year? Let me get that tangle twister out. Congratulations on that one.

J: Thank you.

S: And you've been on some of the most famous catwalks in the world. You're also - I mean, the list just goes on. You're also doing your own personal training business. And you're looking at how you can support others to achieve their goals, other people with disabilities to achieve their goals. So I guess what I want to ask you, what do you love most about each of the different experiences that you've had so far? What is it, what are the things that you've enjoyed the most? What has it bought you? What has it made you realise about life?

J: It's got to be the people that I've met. It's gotta be the people that I've met. Some of the people that I've met along the way, on the journeys have really inspired me. I'm quite easily inspired, I like a powerful person in my life. I like to be inspired. And I feel that - I think the biggest thing for me-- I met this, I met this Louis Brownsell when I was like 10 years old. He called himself a one legged stuntman. Within 2 years of having my leg amputated, I found this agency called, "Amputees in Action." They work alongside the military, they do stunts on film. So they do horror films. You get eaten by vampires and werewolves and stuff. And I could call myself a one legged stuntman.

I'd literally just spent like 8 years of my life trying to work towards a goal, and I'd finally made it. So that was my first kind of sense of achievement long term. And I think that was, that was the beginning of it. That was the belief and that was the seed that got planted, and it was growing then. And it gave me the confidence. It was the Amputees in Action who introduced me to training for the Paralympic opening ceremony, so it was thanks to them. I believe when you open one door, another door is opened after that, and another door is opened. And you meet new people, they open new doors for you



When you open one door another one opens after
#sparklingwisdom from @JackEyers

I really, really do. So I would say it's the contacts that I've made and it's not about the end goal, it's always about the journey. It's always about the journey. And I want a long journey.



Its not about the end goal is always about the journey
#sparklingwisdom from @JackEyers

S: Yeah, and it sounds like you're having an enjoyable one, most importantly.

J: Yeah, yeah absolutely.

S: The journey's the longest bit isn't it? I think everybody forgets that bit sometimes. Everyone's like, "Oh I've got to get here, I've gotta get here. This is the goal, this is where I've got to be." And

don't get me wrong, it's great to have a goal. I think it's really important and it gives you purpose and drive and meaning. But I don't know if you agree with this, it's the bit that's the longest - is the journey.

J: Yeah, yeah.

S: So you've got to get, you've gotta enjoy that bit, and get comfortable with that bit.

J: 100%, 100%. I think a good example of that as well was when I was in hospital - whenever it was-- I wanted to become and a-- And I wanted to be in the fire service. So I deliberately got myself fit. If I hadn't had that thought, if I hadn't tried for the fire service - which didn't work out in the end, for a good enough reason. But if I hadn't tried, if I hadn't got into fitness, then I wouldn't have got my Level 2 Gym Instructor, I wouldn't have got my personal training. I wouldn't be working with the Army because I wouldn't be fit enough. I wouldn't be doing the Paralympics, 'cause I wouldn't be fit enough to climb a rope. I wouldn't be doing the personal training I'm doing now. I wouldn't-- There's a lot of stuff that wouldn't have happened if I hadn't opened that door. So I believe that sometimes a small step forward, a small goal could feel a little bit disappointing to start with, but I think it's where it leads, it's where it leads. And I think it's really important to remember that as well. You should always remember where you come from. And I think it's always important to look forward. But it's equally as important to look back to where you've come from. And remind yourself what you've achieved.



A small step forward or small goal can feel small but its about where it leads. #sparklingwisdom from @JackEyers



Remember where you have come from & remind yourself of what you've achieved #sparklingwisdom @JackEyers

S: Agreed, I love it. That's awesome. So can I ask you then, I've got a couple of questions really. Who do you hope to inspire with what you're doing?

J: I want to be the Louis Brownsell. I really want to inspire young disabled people, and new disabled people. If it wasn't for me, if I didn't meet this guy, Louis, when I was 10 years old - who knows what would have happened. I like in Bournemouth now, I've managed to move away. Originally I'm from Wells in Somerset. And I've moved myself away from perhaps a certain couple of people. Who, looking back on now, are in a completely different place to me. They're still doing drugs, they've got kids, and they're not with the partners anymore. They're not living a life. They're not living a life that I've ever want to live anyway. They're just in like a 9 to 5 job, not really going anywhere, not really doing anything. I imagine they're probably gonna be in the same place in 10 years' time. But I believe that because I am easily inspired by people I could have easily have been inspired by them, and I could've been in their shoes. I probably, I would have been in their shoes.

S: Would you say proximity has a big thing to do with where you're at? You really went for and kept yourself around people who inspire you in situations that inspire you - and took yourself out of situations where people weren't inspiring you, where you weren't feeling uplifted and amazing. And it's--

J: I guess.

S: And it's a harsh one in one way, 'cause it's - you do have to make quite a strong decision. But is that something to do with what's made your happiness?

J: Huge, huge. So another thing, okay so another little lead from what we've just talked about is, I joined this agency, "Amputees in Action." They introduced me to a Paralympic talent spotting day. When I went to a talent spotting day, and they showed me lots of different sports, one of them was wheelchair basketball. I started playing wheelchair basketball, I joined a club. And I was then introduced to the Great Britain wheelchair basketball team. And I was playing wheelchair basketball for 4 years, representing GB Juniors, and I traveled overseas. I was doing tournaments - amazing, amazing experience. I had a scholarship, T.A.S.S - Talented Athlete Scholarship Scheme at Bath Uni . So I met all of the top guys over there, did loads of like - went to the Loughborough, they did all these like V02 peak tests on me. It was amazing, absolutely incredible experience. And I remember this one thing, that my GB coach said to me, my basketball coach said to me. He said, "Surround yourself by great people, and great things will happen." And I live by that now. I love that saying, I love that saying. I always say it now, I always say it to my clients. I always say it to somebody who's perhaps afraid of moving on, afraid of change. "Surround yourself by great people, and great things will happen."



Surround yourself with great people and great things will happen #sparklingwisdom from @JackEyers

S: Love that, I'm gonna make that a tweetable I think for this, "Surround yourself by great - with great people and great things will happen." I love it. Thank you Jack. So what's next? More

modelling, more work with a prosthetic company, I know you're doing some stuff with as well?

J: Yeah.

S: You talked a little bit about a project that you've got happening in the wings. I don't know if you want to share a little bit about that?

J: Definitely so, I think I've got - I feel like I've got my fingers in lots of different pies at the minute. And I have got a 10 year plan, I have got a 10 year goal where I want to be. I think the modelling is really good. I'm doing lots of modelling at the minute. Ideally want to do more fitness modelling, sports related modelling. Which kind of supplements and compliments the personal trainer, gets my name out there, and give me the more sort of value. I'm working with a prosthetics company, and I think again this is another way for me to have a name in the amputee prosthetics world. And I have a little bit more value to my name as well. But ideally, I want to focus on the focus on the personal training. And I want to focus on working with amputees. So my goal is to inspire, I'm very close to say amputees, so I'm gonna say amputees. But it's disabled people in general.

But I want to inspire disabled people that are amputees to push what they've got, to push their comfort zones, to try different things.



[Push your comfort zone try different things #sparklinghabit from @JackEyers](#)

I believe that when you have a life changing operation, or you have an amputation, you're reborn. So I've have my amputation now 10 years. I'm 10 years old, so I'm still learning. When you lose a leg, you have to learn how to walk again, you have to learn how to walk downstairs, down slopes. You have to learn how to put your shoe on, how to put your trousers on by standing up on one leg - try balancing doing that. So you're born again. As a child, it's okay to kind of stumble and to fall over and test your motor skills. So your balance and your coordination. But as an adult, you can feel vulnerable. And people look at you in a vulnerable way. And that can really have a knock on your confidence. So I believe the best way to develop your motor skills, the best way to improve these is by doing sports and doing exercise.

So what I want to try and develop, and what I'm in the middle of developing is a boot camp / centre, that is specifically for disabled people or amputees. Who can come along, and they can talk to other amputees, get inspired. But also push their comfort zones. Push that sort of, their motor skills. So they don't have to climb ropes, they don't have to rock climb, learn how to water ski. Learn how to canoe, kayak. And also with the gym as well, you learn how to do squats, if that's what they want to do. So they don't have to do it in front of the gym, where it's all busy with able bodied people that they feel are gonna look at them. They can do it in the comfort of other amputees. So, I want to develop a Headley Court (Defence Medical Rehabilitation Unit) style but for civilians, that's what I'm trying to do.

S: I love it Jack, well best of luck with that. Just in closing then, if you were gonna speak to someone who's maybe just going through a dark time right now - whether they're an amputee or not, what would be the key things that you would say to them about helping them get through that time?

J: Yeah, gosh. So I have a lot of - when I'm doing my personal training, I have a lot of clients that come to me. And a lot of the time they are in a reasonably dark place. They are unhappy with their body, they have no confidence. Sometimes they're not in a relationship or they've just broken from a relationship. Or they're not happy with their job, or whatever the reasons are - all of them. Sometimes it's all the reasons, and they are in quite a dark place. And funnily enough, through speaking with me, and through doing the exercises in the gym, it teaches them a - they get the natural buzz from the endorphins of course, just like--

S: Move your body, so it's definitely--

J: Move your body, move your body, start the exercise, yeah? But you get a sense of discipline, you get a sense of well-being, you get a sense of achievement. So I would firstly say - it's gonna be the last thing on their on their mind. But I would say, get down to the gym and move your body. Do something active. Well it doesn't have to be the gym, you could go for a walk. Gives you time to breathe, gives you time to think.

S: Get up and do some dancing. So put on a piece of music on that you love, and just go for it.



[Move Your Body #sparklinghabit from @JackEyers](#)

J: Absolutely. So I'm very passionate about exercise, so of course that's gonna be my first tip. I would definitely say as well, if you're in a dark place, think about what your goals are. Think

about what you want to achieve. If you haven't got any goals, then make a goal. So think about what you want to achieve, and then push that comfort zone. So push that, push that goal. So if it is - you want to travel to Australia. Then start saving, start planning. Have a look on the map, figure out where you want to go. And get some, get positive about it. Make a vision board. I believe in vision boards. I've got lots of vision boards, I always have. I'm a very visual person, I'm a very physical person. I like to see where I'm going.



[Push that Goal - Start #sparklinghabit from @JackEyers](#)



[Make A VisionBoard #sparklinghabit from @JackEyers](#)

S: I'm the same.

J: You taught me. Yeah you taught me the vision boards.

S: Yeah I taught you that. I'm exactly the same. I've got pictures everywhere. So I, I - yeah, I know. I love it.

J: I believe it really helps, I really, really do.

S: For sure, I'd be lost without it, completely.

J: I know, yeah, yeah. So those are my 2 biggest ones, definitely, definitely.

S: Love it.

J: Yeah absolutely.

S: Okay, and in closing, just 3 - what would you - what are 3--? What I like to call sparkling habits? The things that keep you vibrant and bright. What are 3 things that you personally do daily, however small or big that really just keep you on track with what you're doing?

J: Look at my vision board.

S: Yes.

J: Exercise.

S: Excellent.

J: And healthy eating.

S: Eating.

J: Healthy eating, nutrition, definitely. Those are my biggest ones. I'm so lucky because I live, I live in Bournemouth, I live by the beach. So going down to the beach, going down to Boscombe Beach, and looking out over the sea. Really, really inspires me.



I've taken action on 3 Daily #sparklinghabits from @JackEyers - Looked at my vision board, Exercised, Eaten Healthy.

S: It's beautiful down there.

J: It's so beautiful, and I love it - absolutely love it. So I feel that my attitude and my sense of well-being has improved massively since I've been living by the beach. I feel that, when I'm inside of buildings, I get very claustrophobic. I like that breathing space, I like that to be by the beach. So for me, it's going for a walk.

S: Awesome, I love it. So it's the - the most powerful things are sometimes in the simplest things I think.

J: Usually, definitely.

S: Jack it's been great to speak to you, thank you so much for taking the time to share with us here.

J: Thank you.

S: I know that you're gonna go on to continue to inspire many, many people - millions of people I believe, over the rest of your life with everything that you've got planned. So I'd love to stay in touch as well, and we'll follow your journey if you're happy for us to do that, and see how it unfolds.

Now I'd love to hear from you guys, our audience.

I'd love to hear - do you have, have you had a moment like Jack's that was life changing?

What was it, and what drastic changes did you make?

And what do you use to keep yourself on track?

So if you want to share with us in the comments below, then please do so.

And if you want to connect with Jack, what are the ways that we can get in touch with you, Jack?

J: So if you contact me on Twitter, so @JackEyers, and also on Facebook @JackEyers.

S: Awesome.

J: Facebook's put in Jack Eyers.

S: I will put some links below this video so people can do that. And we will stay up to date with what you're up to.

J: That was really good, yeah. Awesome.

S: Yay, awesome. That was really good fun, I really enjoyed it. It's really cool to hear what you've been up to.

J: Yeah. Thank you. I appreciate that.

S: Yeah no worries, no worries. Awesome, thank you so much for your time.

J: It was good to speak to you, Savannah.

S: You too Jack.

S: Jack is remarkable. But his story of teenage depression is not unusual.

Top of everyones list in life is happiness.

We live in a world where we have more resources and technology than ever before.

But depression rates are higher than ever before. In fact there are 10 times more people depressed now than in the 1930's Great Depression.

35 years ago the average age of depression was 29 years old.

Today it is 14 years old.

By 2016 the World Health Organisation predicts that Depression will overtake Cancer as the number one cause of illness.....

If you know someone who would benefit from this interview please hit the share button and subscribe.

Lets Make a Difference. Lets take a stand for happiness.

I believe you deserve to be happy. I believe we all do.

Thank you so much for your time :)

S: Awesome Thank you so much for your time.

J: Its good to speak to you Savannah...

S: You too Jack.

