

Jason Reid

Inspirational speaker & author - chronic illness and adversity

416-712-9563

Popular Talk Topics Include:

Overcome Personal Adversity by Aiming Higher

When we face life obstacles or lack energy, we often withdraw and avoid activities that build personal growth. There are times when a professional or personal challenge is just what we need to add energy and vitality to our lives and add value to those we serve.

You Don't Look Sick

Overcoming the Challenges of a Chronic Illness or Invisible Disability.

Getting others to understand the challenges of living with an invisible illness is a difficult task. Jason looks at how our society has historically viewed sickness and disability, and why that needs to change. He also shares engaging and humorous personal stories and advice about how we can best communicate with others and change their views.

Thriving in the Age of Chronic Illness:

Engaging employees with chronic health conditions, and invisible disabilities.

Government statistics show that one in three working-aged adults have at least one chronic health condition and that number is rising dramatically each year.

Jason combines powerful personal stories with leading research to explain the mindset needed for organizations and individuals to succeed in this new age of chronic illness.



Insightful, funny, inspirational and real. Jason Reid combines his decades of experience in storytelling and speaking with a knowledge of business management, and a personal wisdom that comes from a life of overcoming challenges.

If there's one thing Jason has learned in his 40 years living with a chronic illness, it's that people are more resourceful and resilient than they realize.

Succeeding as a leader in the competitive television industry while battling serious illness has shown Jason just what people are capable of when they put their mind to it, and are flexible enough to find a solution.

Jason is an award-winning former journalist and manager, as well as author of the ground-breaking book *Thriving in the Age of Chronic Illness – a guide for people with chronic health conditions and the organizations that employ them.*

Jason is one of the most engaging speakers I have had the pleasure of listening to. His message of being positive and recharging your mojo really makes a difference!

Katherine Astle, Human Resources Manager

Jason brings a professional, warm and inviting approach to his work. He is reliable, authentic and a pleasure to work with.

Elaine Austin, Canadian Manufacturers & Exporters

Jason Reid is an outstanding speaker and group facilitator. He knows how to make a group listen, learn and think.

Jane Rendely, Assoc. of Career Professionals



About Jason

Jason has been living with Crohn's disease and arthritis for four decades, but has never let that stop him. Despite his significant health challenges, he has been a successful journalist, TV executive, award-winning story-editor, and professional speaker.

Jason's sense of humour and compelling personal stories have made him a favourite with a wide range of audiences – from people living with adversity, to health professionals, HR audiences, business organizations and more.

Jason is uniquely suited to talk about illness and work. He has been on both sides of the fence - having been both an ill employee, as well as a senior manager in a demanding industry.

Jason is author of the book *Thriving in the Age of Chronic Illness – A guide for people with chronic health conditions and the organizations that employ them.*

His writing has also appeared in publications such as the *Ontario Occupational Health Nurse's Association Journal* and *Your Workplace Magazine*. He was also the chronic illness columnist for the website *Job-Hunt.org*

Book Jason

Contact: Jason@powerstorymaster.com or 416-712-9563

Speaker Page for CI & Adversity: sickwithsuccess.com