



DR. KEVIN J. PAYNE

# YOUR *Life* LIVED *Well*

It's a diagnosis, not a life sentence.

WWW.JUSTJUMP.LIFE

You have a chronic diagnosis. It's serious. It's scary. It feels like the bottom has dropped out of your life. It's changed everything about how you think, feel, act, relate, and operate in the world. Everything is more difficult and others don't understand. Dr. Payne invites you to jump with him into a better quality of life.

He was happy as a professor surrounded by the family he loved. Then a multiple sclerosis diagnosis threw his life into a tailspin. His body and brain didn't work. He lived with constant pain, fatigue, dysfunction, and distress. A decade of care for a wife on the verge of dying from cancer overwhelmed him. Trying to maintain this life while battling years of health crises left him empty.

His life was in tatters. He found himself with an unreliable body and brain, career knocked off kilter, and alone. Everything was dark and all he could see was depression and grief. He had hit bottom and was on the verge of giving up.

This wasn't a life he wanted. So he determined to "science the hell out of it." He turned himself into a guinea pig, began ruthlessly experimenting, and embarked on years of research. He built new technology and a company dedicated to improving lives ravaged by chronic illness.

He also resolved to reclaim a lost childhood dream and face fear itself by becoming a skydiver. In his first year-and-a-half back after a two decade break, he learned to compensate for a wonky body that sent sketchy signals, logged over 500 jumps, and earned his D License and Coach Rating.

Now? When the weather is good, you'll find him in the sky. Someday, he may no longer walk, but he will still fly.

Check the "Your Life Lived Well" podcast on your favorite platform!

**Now booking!**  
**in-person and virtual**  
**keynotes, seminars, workshops & classes.**

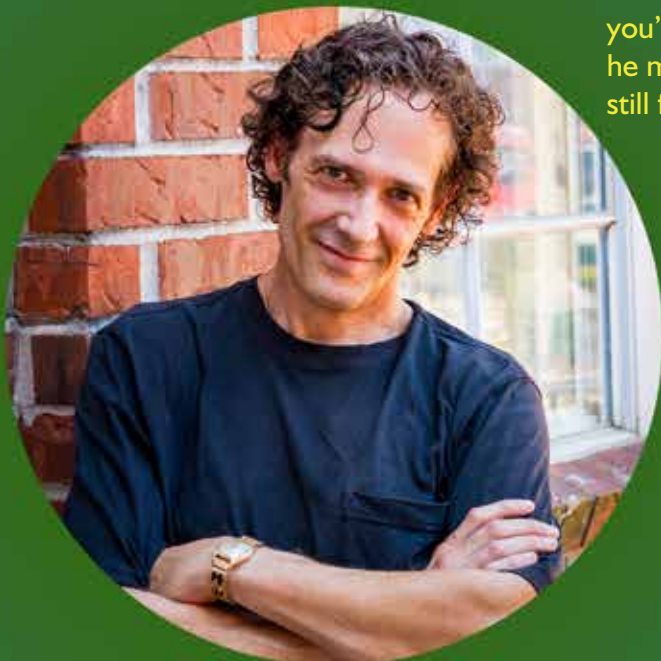
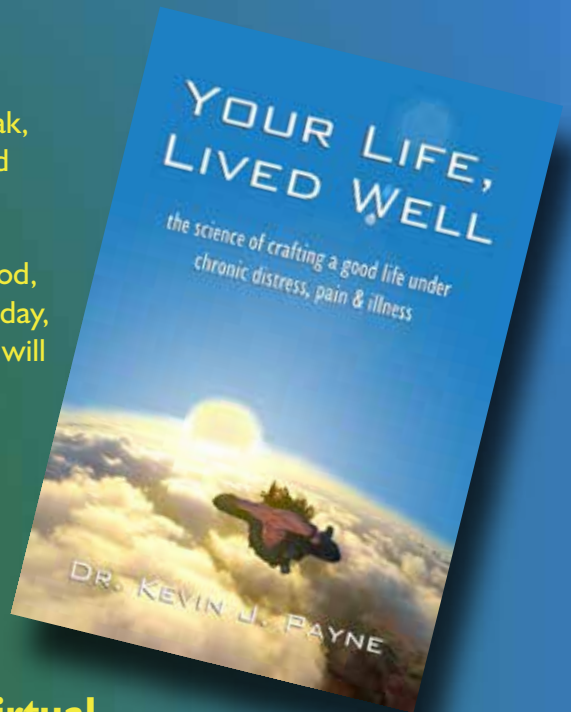
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#JustJump

**Dr. Payne empowers and educates others living with chronic illness, our loved ones & caregivers — and health & wellness professionals — to improve quality of life and care.**





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## DR. KEVIN J. PAYNE

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Dr. Payne holds a Ph.D. in Sociology and Psychology. He grew up on stage and spent 15 years as a professor, heading a department of 150 faculty. His message is both inspiring and educational. He's refined how to engagingly communicate challenging material. He developed and taught 164 section of 30 different undergraduate and graduate courses, as well as dozens of seminars and workshops. He's educated, inspired, and entertained tens of thousands through his classes, workshops, and speeches. And he's spent the last decade developing the comprehensive approach to successfully handle the many non-medical consequences of life with chronic illness.

### POPULAR KEYNOTES

#### Life on the Edge

**"Dr. Payne was simply the best thing about the conference."**  
— medical practitioner

*Dr. Payne uses his journey with multiple sclerosis and skydiving — and years of validated research — to show your group a better way to succeed over their own challenges, stresses, and fears. He also shows you how to recognize and face the hidden "edges" in your own lives.*

#### I'm More than My Diagnosis

*It's easy to lose yourself in your diagnosis. It's easy for your medical needs to overwhelm everything else you love about life. It's easy for everyone around you to reduce you to only a "patient." Dr. Payne shares his experience and the science behind losing and reclaiming yourself and your life.*

**"I feel like I can find my life again. Thank you!"**

— living with endometriosis & cancer

#### Don't Forget the Caregivers

*Giving care is exhausting and depleting, even when done from love and duty. Informal and professional caregivers need support, too. They need better tools for handling overwhelm and burnout. Dr. Payne shows caregivers new and better ways to maintain our own lives and identities.*

#### Surprising Ways to Live Well

*Little life changes add up to big improvements. We can get so fixated looking for biomedical solutions that don't yet exist that we ignore the power of small changes in mindset, behavior, relationships, environment, stress management, and basic life care. Here's the humorous and heartfelt reminder we need.*

**Dr. Payne has worked with patients, families, and professionals in many organizations, including:**



**Request the full topics list we can tailor to your needs.**

**Book now!**

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