

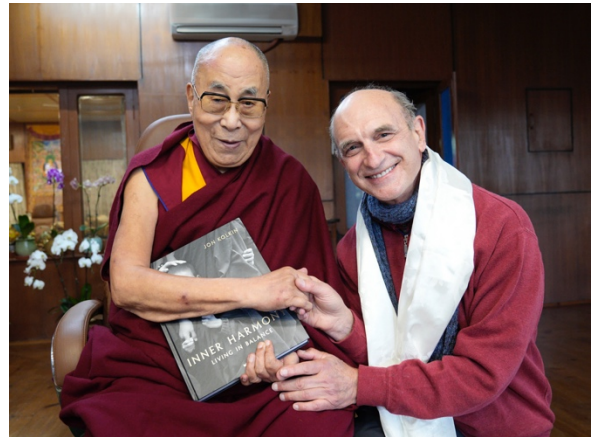
Jon Kolkin, M.D. - Abbreviated Speaker's Biography

Living a Balanced Life: Guided by Compassion and Wisdom

"Jon Kolkin admirably captures the essence of a life devoted to calming and focusing the mind so it can dwell upon developing compassion and wisdom."

— The 14th Dalai Lama

Jon Kolkin's extremely rare set of life experiences make him uniquely qualified to share universally relevant, science-based, practical strategies for living a more balanced, compassionate life, while simultaneously maintaining one's physical and emotional health. He is not a 'motivational' speaker, but instead focuses on down-to-earth, easily understandable, relatable concepts that anyone can effectively incorporate into their busy schedule. Each presentation is customized to fit the demographics of the audience.



Dr. Kolkin is a clinician (30+ years), global medical volunteer (20+ years), internationally recognized, award-winning author, photographer and musician, Integrative Medicine Health Coach, accomplished athlete and president of the Shades of Compassion Foundation.

He has had four audiences with the Dalai Lama and has been a principle organizer of numerous compassion-centered initiatives in collaboration with representatives of His Holiness and others. Examples include the North American Museum Summit, *Fostering Compassion and Universal Ethics Through Museum* that was held in India and honored by a private audience with the Dalai Lama, the Shades of Compassion traveling museum exhibition, and the documentary film, *Man of Compassion: Stories about the Dalai Lama* that included participation by three US presidents.

As a photographer, Kolkin has a worldwide following with over 20 exhibitions in museums and art galleries throughout the USA and abroad. His photographs

have received over 20 internationally photography awards while his book, *Inner Harmony: Living in Balance* has been honored with three international book awards. He has taught at the prestigious Maine Media Workshops and serves as a judge for both regional, national and international photography competitions.

Jon Kolkin is also a clarinetist who toured Europe as a member of the American Youth Symphony and has a distinguished athletic career. He is blessed with a loving family.

Dr. Kolkin has given hundreds of presentations throughout the USA and abroad, with and without interpreters, to a wide range of audiences on topics related to life balance, health, compassion, spirituality and photography. ALL OF DR. KOLKIN'S SPEAKER'S FEES ARE DONATED TO THE SHADES OF COMPASSION FOUNDATION.

FACT SHEET

Seasoned National and International Speaker (35+ years):

- 200+ In-Person presentations (United States + 11 countries worldwide)
- 98% audience satisfaction (survey)
- Live audiences as large as 2,000
- Presentations with and without translators
- Multiple online presentations and interviews (TV/Podcast/ Radio/Magazine)
- Panel Discussions

Examples of Speaking Engagement:

American Society of Hand Therapists (Keynote Address)
Dalai Lama Foundation for Universal Responsibility
India International Centre
Triangle Interfaith Alliance (Keynote Address)
Health Volunteers Overseas (Keynote Address)
Duke Medical Residency Program, Campbell Medical School, Emory Medical Alumni Assoc., Emory Integrative Medicine
Bates College
Charter for Compassion Global Read (Live Stream Worldwide)
Maine Media Workshops (Live Stream Worldwide)
Emory University Creativity Conversation
American Visionary Art Museum

Sample Recordings from previous Speaking Engagements:**Life Balance Excerpts (2 ½ minutes)**

<https://www.shadesofcompassion.org/life-balance-excerpts/>

Healthcare Professionals:

Presentation Excerpts – Life Balance for Physicians

<https://www.shadesofcompassion.org/presentation-excerpts-life-balance-for-physicians/>

Grand Rounds (Campbell Medical School) – Balancing Our Personal & Professional Lives: Guided by Compassion & Wisdom

<https://campbelluniversity.hosted.panopto.com/>

Task, Time Energy Podcast Interview – Being More Productive While Being Less Stressed

<https://scottmillercoaching.com/task-time-energy-ep-29-jon-kolkin/>

Spirituality:

Spirit Matters Podcast Interview – Spirituality, Eastern Philosophy, and Photography

<https://www.youtube.com/watch?v=pjZpywDPtfc>

Presentation – Tibet House (Delhi, India) – Living a Balanced Life Guided by Compassion & Wisdom

<https://www.youtube.com/watch?v=iK7c7SvRZJI>

General:

Task, Time Energy Podcast Interview – Being More Productive While Being Less Stressed

<https://scottmillercoaching.com/task-time-energy-ep-29-jon-kolkin/>

Book Talk: *Inner Harmony: Living in Balance*:

Book Presentation – *Inner Harmony* – India International Centre/Dalai Lama Foundation (Delhi, India) https://www.youtube.com/watch?v=Wbw_ppsov8g

Target Groups

General

Healthcare Professionals (physician, nurse, student, etc.)

University Students/Faculty

Spirituality/Interfaith

Business Professionals

Patients/Caregivers

Museum Patrons/Photographers/Artists

Philanthropy

Sample Topics (customized to each audience)

Practical Strategies for Living a Balanced Life

Balancing Compassion for Others with Compassion for Self

Balancing Your Personal & Professional Lives: Guided by Compassion & Wisdom

Living with Illness

Navigating Through Difficult Times

Background:

- Physician
 - Clinical Practice (30+ years)
 - Co-Founder of a Medical Center
 - International Medical Volunteer (20 years)
 - Integrative Medicine Health Coach
 - Multiple published articles
- Professional Photographer (15+ years)
 - Over 20 museum and art gallery exhibitions throughout the USA and abroad
 - Over 20 International Photography Awards
 - Multiple publications
- Author: *Inner Harmony: Living in Balance*
 - Three International Photography Book Awards
 - Forewords by the Dalai Lama and Queen Mother of Bhutan
- Four private audiences with the Dalai Lama
- Philanthropist
 - Founder and president of the Shades of Compassion Foundation
 - Numerous compassion-centered Initiatives in collaboration with multiple organizations
- Musician – American Youth Symphony (10-Country European Tour)
- Athlete – Multiple track, swimming and triathlon awards
- Married – 40+ years

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