

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

Practical Life Balance Strategies for Busy People

"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, M.D., is a seasoned, internationally recognized speaker, whose presentations illuminate *Practical Life Balance Strategies for Busy People*. His extremely rare set of life experiences make him uniquely qualified to share universally relevant, science-based, practical strategies that lead to less stress, better health, and greater happiness. Each speaking engagement 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* and *A Sacred Path: Seeking True Happiness* traveling museum exhibitions, 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 international photography awards while his book, *Inner Harmony: Living in Balance* has been honored with four 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 translators, to a wide range of audiences on topics related to life balance, health, compassion, spirituality and photography. IN LEU OF SPEAKER'S FEES, DR. KOLKIN REQUESTS DONATIONS 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 (Moderator/Participant)

Examples of Speaking Engagement:

Medical Groups: ASHT (Keynote Address), ASSH (HVO-Keynote Address), Harvard, Duke, Tufts, Emory

Colleges & Universities: Emory, Bates, Texas Tech

International: India International Centre, Tibet House (Tokyo & Delhi), FURHHDL

Religious: World Interfaith Network, Triangle Interfaith Alliance (Keynote Address), Sermons (multiple faith groups)

Book Talks: Charter for Compassion Global Read (Live Stream Worldwide), Maine Media Workshops (Live Stream Worldwide)

Arts: Headley-Whitney MoA, American Visionary Art Museum, San Juan Islands MoA, Amarillo MoA, Maine Media Workshops, Click (Research Triangle)

Sample Recordings from previous Speaking Engagements:

[Practical Life Balance for Busy People](#) (excerpts - 5 minutes)

Healthcare Professionals:

[Balancing Our Personal & Professional Lives:](#)
[Harvard Medical School](#)

Spirituality:

[Spirit Matters Podcast Interview – Spirituality, Eastern Philosophy, and Photography](#)
[Tibet House \(Delhi, India\) – Living a Balanced Life Guided by Compassion & Wisdom](#)

General:

[Task, Time Energy Podcast Interview – Being More Productive While Being Less Stressed](#)

Arts:

[San Juan Islands Museum of Art](#)

Book Talk - *Inner Harmony: Living in Balance*

[Book Presentation – *Inner Harmony* – India International Centre/Dalai Lama Foundation \(Delhi, India\)](#)

Target Groups

General

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

Universities (Students & Faculty)
Spirituality/Interfaith
Business Professionals
Patients/Caregivers
Museum Patrons/Photographers/Artists
Philanthropy

Sample Topics (customized to each audience)

Don't Tell Me to Meditate
Practical Life Balance Strategies for Busy People
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

Contact: contact@shadesofcompassion.org (1) 919-805-2013