

Speaker Profile:

Jon Robison

PhD, MS, MA

Dr. Jon Robison is an accomplished speaker, teacher, writer and consultant. He has spent his career working to shift health promotion away from its traditional, biomedical, control-oriented focus, with a particular interest in why people do what they do and don't do what they don't do.

Jon has authored numerous articles and book chapters on a variety of health-related topics and is a frequent presenter at conferences throughout North America. He is also co-author of the book, "The Spirit & Science of Holistic Health — More than Broccoli, Jogging and Bottled Water, More than Yoga, Herbs and Meditation," a college textbook and a guidebook for practitioners who wish to incorporate holistic principles and practices into their work. This book provided the foundation for Kailo, one of the first truly holistic employee wellness programs in the United States.

Kailo won prestigious awards in both Canada and The United States, and the creators lovingly claim Jon as its father.

Jon has also been a national leader in the Health At Every Size Movement for almost two decades. He has been responsible for implementing Health for Every Body® — a unique alternative to weight loss programs at the worksite in over 15 cities across the United States in the past 2 years. He is also one of the featured health professionals in the powerful documentary *America The Beautiful II: The Thin Commandments* and has been helping people struggling with weight- and eating-related concerns for 25 years.

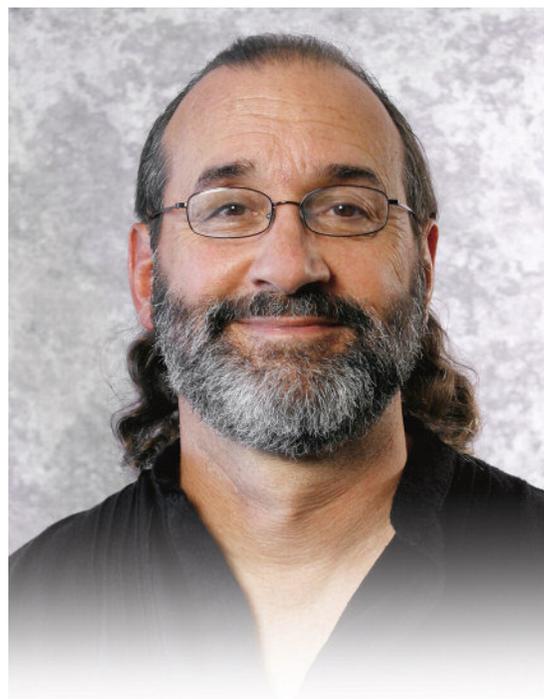


Contact Jon at:

jon@salveopartners.com
jonrobison.net

877-373-6850 (ask for Wendy Haan)

Twitter — @DrJonRobison



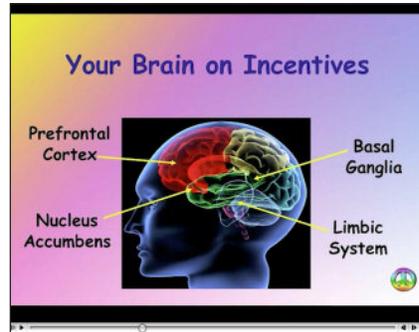
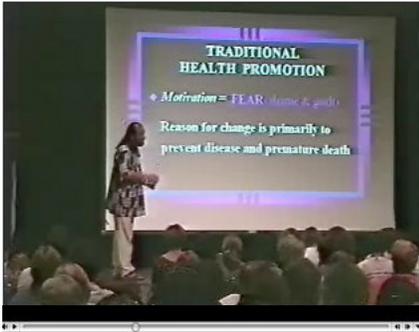
Contact Jon for:

- Keynote Speaking • Onsite Workshops
- Pre-Conference Workshops
- Conference Breakout Sessions
- Workplace presentations

A few of Jon's presentation topics:

- Re-Thinking Health: Getting Ourselves Unstuck from an Outdated Paradigm
- Healthy Employees and Health Organizations: Ushering Worksite Wellness into the 21st Century
- Weight Loss at The Workplace: A Smart Investment in Tough Economic Times... or Money Down the Toilet?
- Punished By Rewards: Rethinking the Use of Incentives at the Workplace
- Surviving "Risk Factor Frenzy": The Research on Health & Disease - What Does It Really Mean?
- Health for Every Body: A Unique Worksite Approach for Helping People Come To Peace with Their Bodies and Their Food
- Participation, Engagement and Behavior Change: What Works and What's Missing in Employee and Organizational Health?

Watch Jon in Action:



Webinars by Jon:

- When Wellness Worlds Collide — Webinar for Health Promotion LIVE
- How to Build a Thriving Culture at Work: What's Science Got To Do With It? — Webinar for Health Promotion LIVE
- Health for Every Body — Webinar for Health Promotion LIVE

Praise for Jon:

“When I was the VP of Human Resources at Halton Healthcare Services in Oakville, Canada, I had heard about the exciting work Jon was doing in the U.S., and invited him to Canada to facilitate a management retreat for our hospital leadership. Much to our delight, his presentation was very powerful and he was able to move our thinking and views toward a new definition of workplace wellness. Since that first presentation, I have seen Jon present numerous times in both the U.S. and Canada, and he has consistently provided an engaging, passionate, energetic, and expert presentation. When Jon finishes his presentations, everyone leaves happy and brighter for having been able to hear him speak. He is an exceptionally gifted speaker!”

— Bernadette Harrow, MPA, HR Management Consultant, Albony LLC

“My work with Dr. Robison began in the summer of 2010, when we were looking for a speaker to kick off the newly created ‘Wellbeing Program’ at our firm. By a stroke of luck, Dr. Robison’s bio was forwarded to me and he stood out amongst the others who were stuck in the typical well-being mentality — your employees are lazy, not too bright and costing you a bunch of money. After viewing some of his past presentations, I knew I wanted to work with him in setting a positive and holistic tone for our program. His energy, knowledge and message really struck a chord with our attorneys and staff. They asked how they could put these seemingly new philosophies into practice and he steered us toward a 10-week workshop series which he helped develop with Laura McKibbin called Health For Every Body. Over the next (3) years, Dr. Robison visited each of our offices to present the science behind the series and because they asked to meet him in person. Of the participants who engaged with Dr. Robison and the series, we have heard overwhelmingly positive feedback to the tune of seeing life through a new lens and a life which encourages compassion toward oneself. He has been my guiding light through the maturation of our wellbeing program and the bar to which other wellbeing presenters have been held.

— Human Resources Manager, International Law Firm

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Twitter: @DrJonRobison

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“Little did I know, when I walked in to Jon Robison's session at the National Wellness Conference in 1997, that my life was about to change forever! Jon's holistic approach to health promotion was just what I was looking for. His passion, energy and thoroughly researched concepts and ideas were the inspiration that led me to create Kailo, the first holistic worksite wellness program in the country, at Mercy Medical Center-North Iowa. Jon is a first-rate speaker whose knowledge and leadership in the area of holistic health and well-being are second-to-none. He is not one of those speakers who presents ‘canned’ material that he created long ago. He is constantly researching and refreshing his content so that the audience is getting the very latest on the topic. Any person or organization who is tired of the same old conventional methods and noticing, by the way, that they aren't working, can't help but be re-energized by Jon's fresh and challenging perspectives.”

— Kelly Putnam, ACC Director, Culture, Change & Engagement, CHE Trinity Health

“The first time I heard Jon Robison speak I was mesmerized. I remember feeling uplifted and inspired as he spoke passionately about his holistic approach to healthcare. He emphasized that meaning, purpose, and relationships were just as important to an individual's well-being as were diet and exercise, and that people could be healthy at any size. His words not only resonated with me on an intuitive level, but he thoroughly backed up his claims with solid scientific evidence. The thing that captivated me the most about Jon's presentation was that he was providing me with answers to a question that I had been grappling with my entire professional career: *Why was it that no matter how much time, resource, and effort I put into providing evidence-based health promotion programming, most people did not engage in or sustain health-related behaviors?* Jon's insight into this most perplexing question prompted a profound paradigm shift in me regarding human health, illness, and change. I got it! Since hearing Jon speak for the first time,

I have become an avid follower of his work. His knowledge, wisdom, passion, and compassion leave his audience transfixed and transformed. He is truly one of the great thought leaders of our time. Jon inspired me to learn about the spirit and science of holistic health promotion, and to dedicate the rest of my professional career to being a part of creating a humanistic and holistic model of healthcare. I just completed my PhD in Mind-Body Medicine and co-founded a company called *Intrinsic Connection* with the tag line *Real Change from the Inside Out*. I can truly say that if it were not for Jon's pioneering spirit, never-give-up attitude, mentorship, and friendship I don't think I would be where I am today.”

— Carrie Phelps, PhD, Co-Founder, Intrinsic Connection LLC, Adjunct Professor, Saybrook University School of Mind-Body Medicine

“Jon's presentations on engagement, weight, ROI (among many other topics) are lively, often controversial, and never dull! He is a sought after keynoter who gets audiences out of their ruts and prepares them for new ways of thinking.

Jon has been instrumental in shifting the mindset of wellness professionals towards better, and more honest, program evaluation (*with a particular focus on ROI*), intrinsic versus extrinsic motivation, and debunking the considerable mythology prevailing in health promotion today.

He is also an outspoken advocate of an interdisciplinary approach using PNI, quantum physics and chaos theory, among others in his work. Jon's expertise also includes leadership development and most importantly building healthy work cultures. Through Jon's efforts, worksite wellness is finally shifting to building truly thriving cultures at work where healthy employees enjoy the recognition of being autonomous thinking responsible adults.”

— Walter Elias, Elias & Associates



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