

Jim Turk



5129 Hackney Way
Madison, WI 53714
www.quickleadership.com
www.beatmydisease.com
www.bodymindzen.com
Contact: jmturk@live.com



OBJECTIVES

To inspire, motivate, encourage, and teach people to take control of their lives no matter what their situation.

To teach leadership skills drawing from my experience at a high-level research institution.

EDUCATION

University of Wisconsin, Madison
1998, 2007

Bachelor of Science – Natural Science
Master of Science – Biotechnology



EXPERIENCE (MEDIA)

Subject	File
4/2016 News interview	https://uwmadison.box.com/s/9qjcsmhfybvaqpsszzdarfms72z137
3/2015: News story about my life with MS	http://www.nbc15.com/home/headlines/Madison-man-battling-multiple-sclerosis-hopes-to-educate-others-during-MS-Awareness-Week-294990441.html
1/2015: Clip from documentary filmed about me, my family, and the research surrounding Multiple Sclerosis	https://uwmadison.box.com/s/gj1fwc790m37s43rjyzk6x5nsud66aoo
4/2013: Featured in a BBC Future article about my participation in a clinical trial and the theory behind it	http://www.bbc.com/future/story/20130422-feeling-ill-swallow-a-parasite
4/2013: News interview regarding life with MS and the upcoming Walk MS event	https://uwmadison.box.com/s/uq5xgixmip1ljo0lv7296b1668is6ipy
4/2013: News interview regarding life with MS and the upcoming Walk MS event	https://uwmadison.box.com/s/dborpg38auuibmd8sr5gjycm1c263jcg

4/2013: Radio interview regarding life with MS and the upcoming Walk	https://uwmadison.box.com/s/63meddx98sqyifxa4x4jz7i4zhtcbtp
6/2011: The Wall Street Journal interview	Very early on in the process and just interviewed and quoted. https://uwmadison.box.com/s/63meddx98sqyifxa4x4jz7i4zhtcbtp



PUBLIC SPEAKING

- Annually: speak to several groups of UW-Madison Occupational Therapy students
- May, 2015: Was the invited speaker at UW-Madison MS in Biotechnology graduation ceremony
- Regularly teach new supervisors at the University of Wisconsin-Madison about leadership and safety
- May 2015 & 2016: Spoke to students at Whitman Middle School about my career and life with MS.
- February 2015: Spoke to students at St. Ambrose Academy about the importance of a positive attitude, nutrition, and life with MS
- Summer 2013: Took the stage (Madison and Milwaukee) with my neurologist at a charity event and spoke about/answered questions regarding a clinical trial that I participated in
- May 2010: Taught a class: "Clinical Trials 101" at the Wisconsin MS Summit
- 2010-present: speaking engagements throughout the state with various support groups regarding clinical trial basics, my experience in a clinical trial, the importance of clinical research and how to identify research that suits you, nutrition, and other health and wellness topics
- May 2007: Presented final project to MS Biotechnology graduating class and their families
- 2004-present: many speaking engagements for UW-Madison students, faculty, and staff regarding various safety and supervisory training topics



BACKGROUND

- Studied nutrition while earning my bachelor's degree in Natural Science at UW-Madison (1998)
- Earned my master's degree in 2007 while working full time
- Was moved to a failing university department in 2009 and successfully changed the culture and made it successful
- Earned a number of leadership certifications and taught numerous classes while at the University
- Was a long distance runner (in my mobile days) having completed two marathons (26.2 miles) in my thirties – now use a wheelchair
- Lifelong drummer/performer and have been featured (with various bands) on TV, radio, charity events, and award shows: <https://youtu.be/UY77oLnA0Yc>
- 2009-present: volunteer for the Walk MS event and the Best Dam Bike Event
- 2012-present: co-chair of the annual Walk MS Madison, event
- Active blogger having been published on a number of major positivity and MS websites
- 11/2015: Attended the 2015 MS Society Leadership conference in Fort Worth, Texas
- Am a District Activist Leader for the National MS Society, Wisconsin Chapter



SKILLS

- ☐ Public speaking/performing
- ☐ Research background (Master's degree, research administration job) with patient perspective
- ☐ Former endurance athlete
- ☐ Great rapport and interactive style

TESTIMONIALS

"I am feeling so grateful this morning for all of you. I am grateful that I have had the chance to meet and be inspired personally by you, that you are willing to share and educate students, and for all of your positive energy (you could feel it in the room yesterday!)."

"You remind me that we all have a choice every day to be positive and be a positive influence in the world or not...you all choose to be the positive...despite the challenges...you are a positive force...I sincerely thank you all for being that positive force and for reminding me that we all make that choice every day."

Debbie B., Occupational Therapy Program Instructor

"I was looking for an expert who could talk to teenagers about good eating habits, and especially teach them about the long-term impact of eating too much sugar and energy drinks. Jim Turk prepared a talk "An MS Survivor's Use of Food as Medicine" for our high school that was much more than I asked for -- science-based, fun and instructive. The presentation was organized, with excellent Powerpoint slides including a YouTube link. The added plus was learning about Jim's MS and how good food is so critical to his quality of life.

He has an engaging delivery style that creates a rapport with his audience. The students had good questions and some met with him to talk more after his talk. I have referred him as a speaker several times!"

Sarah Q., parent, St. Ambrose Academy, Madison, WI

"Thanks so much for taking the time to speak to them, Jim! I know it resonated with all of them and it was a great opportunity to show all the places the program can take them!"

Kurt J. Zimmerman

Director

Master of Science in Biotechnology Program School of Medicine and Public Health University of Wisconsin-Madison

"Enjoyed your talk at our support group meeting at Fort HealthCare last month...

Thank you for being so willing to share your life with those of us living with MS. Your constant thinking and thoughts are leading you to do good things with your life."

Audience member at a support group to which I spoke about nutrition as it relates to MS

"I learned a lot of interesting things about health in your class...I really liked that class and I learned a lot about MS and how it affects people. You are really open and you live life normal which is what I really look up to.

Now I don't know how it's like to have Multiple sclerosis or (MS) but what I do know is that it's not fun, but you don't let that take over your life. Thank you for teaching me health and about MS. It was one of my favorite classes of the sessions."

Middle School Student (audience member)



"I am so proud of you for speaking out and trying to help and educate others... you are a wonderful and special guy! Your family must be continually overflowing with pride!"

customer

