



Welcome to

YOUR *Life* LIVED *Well*™

with

Dr. Kevin J. Payne

CLASSES • SEMINARS • WORKSHOPS • WEBINARS

Education about Health, Wellness, and Quality of Life

You, or someone you love, have a diagnosis, but you can still live well. That diagnosis is the beginning of your new journey, not a life sentence.

Your Life Lived Well™ is education for the whole life challenges of living with, and caring for, chronic illness.

2/3 of all health outcomes are due to behavioral, social, and environmental causes outside of medical care. Your health is far more than some medical symptoms, it's about building a quality life you love.

Each seminar focuses on the most likely cognitive, emotional, behavioral, social, and environmental strategies you can use to achieve your life goals. Our offerings are based on the latest applicable science and real life experience. We monitor trends in the applicable research so that you can be assured our guidance reflects the latest best practices.

You need a better perspective on thriving in the face of chronic illness: grounded in science, driven by data, shaped by experience, delivered with compassion, and personalized for you.

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yourlifelivedwell.co • @YourLLWell

FOR

- those diagnosed
- loved ones & caregivers



Half of all Americans live with at least one chronic health diagnosis. These are just a few.

- **medical, therapeutic, health & wellness professionals**
- **organizational health & wellness programs**

DIAGNOSED, LOVED ONES & CAREGIVERS

HELP! I'VE JUST BEEN DIAGNOSED

A chronic diagnosis can turn your world upside down. These are the first things you need to do to get your life moving forward again on the right track.

TECHNIQUES FOR REST, RELAXATION, RECOVERY & SLEEP

Chronic illness can be a constant source of distress. That bad stress makes everything worse, but there are proactive steps you can take to relax and live more comfortably.

CRAFTING A TRULY POSITIVE MINDSET

We can acknowledge the seriousness and true challenges of life with a chronic illness and still revel in the joys that life offers. A positive mindset is accepting, open, and oriented to growth, happiness, and meaning.

MEDICAL ADHERENCE

Staying with your treatment can become really difficult over time. These are the challenges you will face and how to overcome them.

THRIVING THROUGH TRAUMA & GRIEF

Chronic illness involves loss and difficulty. We'll show you how to avoid them, when you can, and triumph through them, when you must.

STRATEGIES FOR RESILIENCE

Life with chronic illness can be lasting and repeated trauma. You'll need to learn to bounce back in ways you never imagined. This session is about showing you the ones that will work for you. But it's OK. You've got this!

DEFINING YOUR OWN GOOD LIFE

A "good life" is still possible with a chronic illness. Here's what research and experience says you need to do to design a great life, and still account for your new health demands.

SELFCARE STRATEGIES

It's easy for our own needs to get lost, especially when living with chronic illness or caring for others. This session explains how to select and use physical, cognitive, emotional, social, and environmental selfcare techniques that will work for you.

BECOMING A PARTNER IN YOUR OWN CARE

The best healthcare is a team sport. Here's how you can become a valuable and respected partner, and how to give your team what they need to deliver your best possible care.

MEDITATION & MINDFUL AWARENESS

These are important tools to deal with the distress, fear, anxiety, and even depression that can come with chronic illness. We'll show you how easy they can be to include in your life.

STRESS & FEAR AREN'T WHAT YOU THINK

Fear can be your friend. Stress can be valuable. We can learn to frame them in ways that foster growth and improve quality of life.

BEHAVIORAL CHANGE

Sometimes chronic illness demands you must change parts of how you live your life. Here are the intelligent strategies for implementing beneficial change.

PAIN MANAGEMENT IS MORE THAN YOU THINK

Chronic pain is layered and complex. There's a lot more going on than we imagine. Fortunately, that also means there are many, surprising things you can do to minimize the pain you experience.

ADVOCATING FOR YOURSELF

Sometimes we need to be strong for ourselves, even when we feel beaten down by our illness. This is about how to identify your real needs and work in the system to get those needs met.

GIVING & RECEIVING CARE

We must learn to give care well, and we must learn to ask for and receive care. This is how to proactively accommodate caregiving and still preserve what you value about your relationships.

BUILDING BETTER HABITS

Some of our habits work against us. Our health can demand we eat better, move more, stop smoking, or otherwise treat ourselves better. This is what's really going on when we need to change our habits.

HEALTHCARE & WELLNESS PROFESSIONALS

THIS IS LIFE WITH A CHRONIC ILLNESS

The medical signs and symptoms are a small part of the story. A chronic illness is a whole life condition. These are the mental, emotional, behavioral, social, and resource effects your patients also face.

BUILDING RAPPORT

Quality care depends on building trusting, supportive relationships in the short times that you have together. These are the tested methods you can use to accelerate that rapport-building process to improve treatment quality and outcomes.

PERSON-CENTERED CARE & PATIENT EMPOWERMENT

Patients are people first. Acknowledging the whole person, inviting them into a responsible partnership, and emphasizing quality of life are just a few of the practical strategies covered in this session.

TRAUMA-INFORMED CARE

Life with a chronic illness is lasting and repeated trauma. Chronic healthcare benefits greatly with this approach emphasizing trust, safety, empowerment, and healing.

THERE ARE NO "PROBLEM PATIENTS"

Truly understanding your patients' needs, constraints, and perspective makes the difference in building quality care together. This seminar looks at common challenges that are too often labeled as personal problems, and provides you with working solutions.

SUPPORTING MEDICAL ADHERENCE

Adherence to chronic treatments can drop below 50% over time. These are the main causes for lack of adherence and specific supports and solutions.

COMMUNICATION STRATEGIES FOR BETTER HEALTHCARE

Active listening, guided interviewing, seeking clarification, and rapport building are just a few of more than a dozen therapeutic communication techniques covered in this session.

BURNOUT & COMPASSION FATIGUE

Professional burnout is epidemic in the medical and caring professions. These are the reasons why it happens, the early warning signs, and demonstrated solutions. [Please note that burnout is generally an individual symptom of a systemic issue. See our consulting services for organizational solutions.]

FLEXIBLE INSTRUCTIONAL FORMATS

Each topic is available virtually and in person. Every topic is also available in four formats:

1. **Class** (~1 hr., with Q&A)
2. **Seminar** (~90 min., with extended Q&A & discussion)
3. **Workshop** (~2 hrs., with group or individual exercises and discussion)
4. **Mastery seminar** (as the Seminar or Workshop, plus a follow-up session 1-2 weeks later to reinforce mastery and answer practical use questions)

All topics for Diagnosed, Loved Ones & Caregivers are also available in a “training the trainers” format, where we also discuss how best to share this information with those you professionally serve.

We’re happy to tailor custom educational experiences from our curriculum based on your specific needs.

We’re also always adding new classes, so check with us to see what we’ve got coming!

ONGOING EDUCATION & SUPPORT

These classes are just the beginning. Many need ongoing guidance, support, and troubleshooting where we can dig deeply into the material and systematically try different solutions.

So we offer subscriptions to weekly virtual sessions for education, support, and targeted guidance for your specific challenges. You get to interact with others facing similar challenges and learn what works for them.

We also use our proprietary profiling and matching technology to help monitor and guide the most effective and efficient strategy for you.

Organizational seat license subscriptions are available for your patient/client and professional groups.

HEALTH & WELLNESS ORGANIZATION CONSULTING

Is your organization always striving to improve its mission of supporting those living with chronic health conditions?

Dr. Payne will help you design and implement more helpful and effective policies, processes, and procedures. We:

1. evaluate your existing procedures
2. develop a tailored plan for improvement
3. guide organizational implementation
4. train key personnel



Dr. Payne holds a Ph.D. in Sociology and Psychology from the University of Missouri-Columbia. He’s lived with Multiple Sclerosis for decades. And YLLW is how he strives to make a difference.

He’s spent his life educating others. In 15 years as a professor, he taught 164 sections of 30 different courses, designed and implemented two full college majors, and led a department of 150 faculty serving more than ten thousand annual student enrollments. He’s also a technologist, data scientist, and entrepreneur.

Dr. Payne has designed, built, and tested the information you need to live with and support a good life with chronic illness. He has spent the last decade researching and developing the comprehensive curriculum of what you need to know to live well with — and effectively support — a chronic health condition.

He’s the author of *Your Life Lived Well: the science of crafting a good life under chronic distress, pain, and illness* (2021).

And in 2019, he decided that he would reclaim a childhood dream and somehow become a skydiver, even though Multiple Sclerosis didn’t make that a likely goal. Over the next year-and-a-half, he logged over 500 skydives, completed all the licensing in the sport, and even picked up a Coach rating. Now, when he’s not working with others facing life with chronic illness, you’ll find him in the sky.