

Jenni Prokopy

Motivational Speaker



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“Jenni lends sparkle and enthusiasm to any event as the featured speaker/main event, or emcee breaking the ice on a panel. She is gracious, warm, witty, and, most helpful of all, very informed about the issues at hand.”

– Paula Kamen, author of
*All in My Head: An Epic Quest to Cure an Unrelenting,
Totally Unreasonable and Only Slightly Enlightening Headache*
www.paulakamen.com



About Jenni Prokopy

Jenni created ChronicBabe.com in 2005 to provide an online **resource for young women with chronic illness who want to live exceptional lives in spite of health-related limitations**. A ChronicBabe herself since the age of 25, she lives with fibromyalgia, asthma, anxiety, Raynaud's phenomenon, rosacea and GERD.

One of her biggest frustrations is the frequent disbelief she encounters when she explains her condition to people. "You're way too young to feel that way!" is a common refrain. "But you look fine," is another. Her answer: "Yes, I am young. Yes, I look fine. And yes, it is sad. But as time passes, I choose more often to focus on the positive: **I am creative, and I have choices**. And even when I'm cramping and blubbering and whining, I'm still a hottie."

With a powerful attitude and the help of a carefully assembled health care team, today Jenni feels good more often than not. It's a success she earned, and she's learned a lot along the way about maintaining her identity in the midst of a swirl of negative energy, she says: "**I am not my chronic stuff. I am a young, creative, passionate, generous, driven woman. I'm a Babe.**"

Jenni's mission is to share what she knows with others, and to create ways for young women to share their successes—so they can be ChronicBabes too. She can tailor presentations to fit your specific audience; whether you want someone to speak on a personal level about day-to-day life with chronic illness, offer practical steps for living better in spite of health limitations, or speak to other issues of importance to young women, she's your Babe.

Jenni's presentations empower people to take more control over their situations and attitudes, and her practical hands-on tools can be put into action immediately.

Audience members leave Jenni's presentations with skills they can start using that same day to feel better and achieve more.

Born and raised in Houston, Texas, Jenni now lives in Chicago (and has accumulated a terrific collection of wool socks to go with every winter outfit.) She loves reading popular fiction, catching a flick at the local theater, firing up the BBQ on a sunny afternoon and spending time with friends—her "family of choice."

Beyond her speaking activities, Jenni is an award-winning freelance writer with nearly 20 years of publishing experience. She knows what it takes to make any writing "zing!" Jenni offers freelance writing, editing and communications consulting for the health care industry, with a focus on web sites, newsletters, feature articles and marketing materials.

Jenni's work with organizations small and large, local and national, has earned her numerous awards. Most recently she was named a "Women's Health Hero" in 2009 by Our Bodies, Ourselves.



Available Presentations

Overcoming Self-Defeating Behaviors When You Live with Chronic Illness

People living with chronic illness—particularly young women—are susceptible to a collection of self-defeating behaviors including isolation, black-and-white thinking, perfectionism and catastrophizing. Jenni presents a close examination of each behavior, descriptions of how she tackles these bad habits in her own life, and a wide variety of practical steps audience members can start using immediately. This presentation is ideal for smaller group events where interaction and conversation can be fostered.

ChronicBabe 101: The First Four Steps

Newly diagnosed chronic illness patients may struggle with the idea of being a ChronicBabe, and this presentation tackles those concerns. Jenni offers four clear steps all beginners should take. (This presentation also serves as a refresher for anyone who has lived with chronic illness for a long time.) She starts with encouraging the establishment of a daily self-care routine, both physical and spiritual. The next step is building a “support team” of friends, family, co-workers and others who can rally when times are tough (or just commiserate over cocktails). She teaches an easy record-keeping routine (a real stress-buster) and wraps up with a celebration of fun—one of the key ingredients in a ChronicBabe’s life.



How I Became a ChronicBabe: A Personal Journey

Jenni experienced serious illnesses as a child, but nothing like the struggles she began facing at age 25, when she was diagnosed with fibromyalgia and a handful of other diseases. Ever since, she has learned to juggle the daily care of multiple illnesses while still maintaining her identity as a strong, independent, creative woman—a business owner, wife, friend, volunteer and community organizer. This presentation is a more personal look at the ups and downs of life as a ChronicBabe, which can include detailed discussion (and group conversation, depending on audience size) of relationships, career, sexuality, spirituality and much more.

Expert Source Quotes

Are We Feeling Better Yet? *Women Speak About Health Care in America*, by Colleen McKee and Amanda Stiebl; published 2008. Jenni writes a forward speaking about the value of women sharing their health care experiences with each other and publicly.

Life Disrupted: *Getting Real About Chronic Illness in Your Twenties and Thirties*, by Laurie Edwards; published 2008. Jenni is profiled as both a patient and an expert on living well in spite of chronic illness.

WebMD's Medscape.com, Jan. 27, 2009: "*Living with Chronic Illness, Not Suffering From It.*" Colin Son examines Jenni's mission to help young women live powerful lives.

Ocala Star-Banner, Sept. 16, 2008: "*Online Support Grows for Women with Chronic Ills.*" Naseem S. Miller interviews Jenni about the value of online support networks.

USA Today, April 28, 2008: "*One Patient's 'Sesame Street' Epiphany.*" Kim Painter includes Jenni in an article on how positive experiences improve quality of life while living with chronic illness.

The New York Times, March 10, 2008: "*Beyond Kittens, Beyond Angels.*" Paula Kamen interviews Jenni for a migraine blog, discussing the need for women to be open about their experiences in the larger dialogue about women's health and chronic illness.

Chicago Tribune, June 10, 2007: "*Writer's New Voice Emerges in Cancer Blog.*" Mary Schmich's column about Cancer Bitch and her choice to go public with a discussion of her illness also mentions Jenni and other health writers.

FreelanceWrite.About.com, May 17, 2007: "*Disabled Writers Can Work at Home.*" Jenni speaks with Loolwa Khazzoom about freelance writing with a chronic illness or disability, including tips for writers who are considering working from home.

Medill Reports, March 8, 2007: "*Where Does It Hurt?*" Jessica Bylander's interview with Jenni focuses on the financial strain of chronic pain and illness.

GapersBlock.com, Feb. 5, 2007: "*Dining Out with Celiac Disease and Food Allergies.*" Jenni examines the challenges of eating out with celiac disease and food allergies, including tips on researching restaurants and reviews of some local eateries.

USA Today, Feb. 4, 2007: "*Few Doctors are Web M.D.s.*" Kim Painter interviews Jenni about the growing use of e-mail communication among doctors and patients.

Chicago Tribune, Oct. 23, 2006: "*Big Changes from Small Peer Groups.*" Ann Meyer interviews Jenni and other entrepreneurs about forming small peer networking groups to help achieve business goals.



Media Appearances

ChicagoNow.com, June 23, 2009: *“How to Be a Healthy ‘Hottie’ with ChronicBabe.com.”* The “Chicagosphere” blog highlights founder Jenni and ChronicBabe’s many resources.

BlogTalkRadio.com, Sept. 12, 2008: *“Overcoming Self-Defeating Behaviors When You are Chronically Ill.”* During National Invisible Chronic Illness Awareness Week, Jenni presents an online seminar on breaking out of bad habits and maintaining a sense of self despite health-related limitations.

Vocalo.org, Sept. 2, 2008: Three-hour live broadcast on internet radio. Jenni speaks to a Chicago audience about being a ChronicBabe.

HealthyWomen.org, Dec. 1, 2007: Jenni offers a three-part series: *“Make Merry: Holidays CAN include healthy food and drink,” “Give Yourself the Gift of a Low-Stress Holiday,”* and *“You Are Not Alone: Coping with loss during the holidays.”*

Arthritis Update (Arthritis Foundation - Greater Chicago Chapter newsletter), Aug. 1, 2007: *“Get Your Records Organized: An easy stress-buster.”* Jenni offers quick tips on how to start organizing your health care paperwork.

Celiac Central (National Foundation for Celiac Awareness newsletter), June 4, 2007: *“Go Team! 10 Tips for Building Your Celiac Support Squad.”* Jenni provides advice on introducing friends and family to the gluten-free lifestyle.

Young People For/People for the American Way, May 31, 2007: Guest Blogger—*“If Everyone’s Happy, You’re Doing Something Wrong.”* Jenni writes about how fear of others’ opinions keeps people from being honest about problems and impedes solutions.

Reaching Out magazine (National MS Society - Greater Illinois Chapter), March 1, 2007: *“Work After Diagnosis.”* Jenni discusses work-related challenges following a diagnosis of multiple sclerosis, and offers a “Job Change Checklist” for those seeking something new.

Outside the Loop Radio, Nov. 23, 2006: *“Someone You Should Know.”* Mike Stephen and Andy Hermann interview Jenni as part of their weekly Chicago-centric podcast.

Lincoln Park Chamber of Commerce e-newsletter, Sept. 11, 2006: *“Build a Blog and Grow Your Business.”* Jenni and web developer Matt Mayes of StopTimeStudio.com write about ways to use blogging to grow business.

ChicagoBusiness.com, Aug. 14, 2006: *“Babes in Webland: Online Marketing.”* Jenni talks to reporter Brian McCormick about online marketing strategies.

Women’s eNews, April 28, 2006: *“Women Offer Red-Hot Reply to Maxim’s Lust List.”* Jenni is one of the women profiled in this article about the Real Hot 100, an organization that recognizes women who are “smart, work for change and speak their minds.”



Invite Jenni to Speak at Your Next Event

Hiring Jenni Prokopy to inspire the audience at your next event is as easy as picking up the phone. She has a variety of presentations guaranteed to entertain and inform, all which she can tailor to meet your specific needs. If you're looking for something truly unique, just ask! Jenni loves a challenge.

Reach Jenni:

by cell: 773.368.3074

via email: jenni@chronicbabe.com

on Twitter: [@chronicbabe](https://twitter.com/chronicbabe)



“Jenni is a compelling, engaging speaker who knows exactly how to connect with her audience. She’s witty, funny, smart and authentic....and an inspiration to women dealing with chronic health issues.”

- Rickey Gold, Founder of Rickey Gold & Associates,
an award-winning firm helping clients “market smart” since 1992
www.rickeygold.com

“Jenni Prokopy is a rising star in the chronic illness community, whose spoken words are as clear and true as her writing. She is a rare talent.”

- Jennifer Jaff, Founder of
Advocacy for Patients with Chronic Illness, Inc.
www.advocacyforpatients.org

