

Received date: 05-08-2022 | Accepted date: 08-08-2022 | Published date: 29-09-2022

Live your best: Discovering the win in chronic illness

Tim Hague Sr

The Hague Group, Canada

At 46 years old, you find your life turned upside down by three little words, 'You have Parkinson's'. How does one move beyond the debilitating diagnosis of a chronic disease to live life to the full? I have discovered three other words that, when taken together, have changed everything, 'Live Your Best'! At the insistence of my wife, and two years after being diagnosed with Parkinson's Disease, my son and I applied for, were accepted to and won season one of The Amazing Race Canada. How does one go from a diagnosis of Parkinson's disease to winning a gruelling, travel adventure, reality television show? You learn to Live Your Best.

When we come to understand that having *the strength to simply do our best will always be enough, when we uncover the courage to be content with what our best produces and when we discover that perseverance* is a skill that can be learned, we will experience more joy and success in life than we ever imagined. In this session, you will learn from a veteran speaker and Tedx presenter how to meet a challenging life event like a diagnosis of Parkinson's disease and still succeed. Drawing on my 20+ years as a Registered Nurse and now 7+ years as a person with Parkinson's I will teach you why the statement 'don't give up' is so empty and in its place, find the power of perseverance.

Tim@TimSr.ca