KEYNOTE PRESENTATION

Embracing Invisible Disabilities
IN THE WORKPLACE



Understanding the Challenges We Can't Always See

Some of the biggest challenges people face at work are the ones nobody else can see.

Living with Crohn's disease and arthritis, Jason Reid knows firsthand what it's like to navigate a career with invisible disabilities. But he also understands the other side.

As Head of Content at a national television network, he led employees facing their own hidden challenges, finding practical ways to support them while keeping a busy newsroom running.

Through personal stories, humour, and practical insights, Jason helps audiences better understand invisible disabilities, challenge common assumptions, and discover how small changes in communication and support can make a meaningful difference.

His engaging presentations help employees feel seen, colleagues become more understanding, and workplaces become more inclusive.

WHAT AUDIENCES WILL TAKE AWAY

Greater Understanding
Recognize the challenges, even when those challenges aren't visible.

More Open Communication
Discover how to build trust and make it easier for employees to discuss their needs.

Practical Ways to Help:
Discover simple changes that make workplaces more accessible and inclusive.

"I could listen to Jason speak for hours!"

CHARMAINNE KING | KELLANOVA CANADA

jason@jasonreid.ca | chronicillnesskeynotespeaker.com

About Jason Reid



Jason Reid is a professional speaker, former Head of Content at a national television network, and author of the book *Embracing Invisible Disabilities in the Workplace.*

While leading a national television newsroom, Jason decided to tell his team about the invisible disabilities he'd been keeping to himself. His openness encouraged others to share their own hidden challenges, allowing the team to find practical solutions together. Within a year, productivity doubled, and the department went on to win national and international journalism awards for the first time.

Today, Jason draws on both his lived experience and years in leadership to deliver engaging, often humorous presentations that help organizations better understand and support employees with invisible disabilities.

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CAPS
Canadian Association of Professional Speakers
L'Association Canadienne des Conférenciers Professionnels

Additional Presentation Topics

Tailored sessions are also available for employee resource groups, managers, and leadership teams:

Pain-Related Disabilities:
Understanding some of the specific challenges of pain, mobility and disability that can't be seen.

Leading People with Invisible Disabilities
Supporting employees, navigating accommodations, and balancing individual needs.

Leading and Living with An Invisible Disability
A personal, motivational presentation about resilience, finding purpose, and achieving success .

ALSO AVAILABLE
Reid & Light

Jason partners with neurodiversity specialist Kristin Light for engaging presentations on neuroinclusion, mental health, and workplace belonging. ReidandLight.com

"Thank you so much, Jason — it was an incredibly impactful session."
C. McKELVEY | TD BANK GROUP

"Jason's presentation was the highest rated event we've had so far."
F. LA CASEE | ZANER-BLOSER PUBLISHING

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IKEA Bell TD FDA

Bring Jason to Your Organization

Available for virtual and in-person presentations.

Engaging sessions for Employee Resource Groups, employee awareness events, and workplace inclusion programs.

Recording and internal-use licensing options available.

jason@jasonreid.ca
416-712-9563

chronicillnesskeynotespeaker.com