

Jo Tosh

MEd, BSc Hons, RGN

Speaker & Parkinson's Advocate



BOOK JO

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WHAT YOU CAN EXPECT

The formats Jo delivers most often is:

- **A Keynote:** 20 – 60 minutes as required

Popular Keynote Topics:

- **Unshakeable Resolve**
My journey from early onset Parkinson's diagnosis to living a life of meaning and influence
- **Shaking Things UP**
From Parkinson's diagnosis to dancefloor diva
- **Year of YES**
Living my best life with Parkinson's
- **When Life Gives you Lemons**
How I became a social media influencer at 50... for all the wrong reasons

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ABOUT JO

Jo is an award winning TEDx Speaker, former Cardiology Nurse and Principal Lecturer in learning and teaching.

Jo was diagnosed with Parkinson's aged 47 and aged 54 underwent Deep Brain Stimulation to help manage her symptoms.

She is a national and international advocate for Parkinson's, sharing her journey on her social media platforms.

Jo regularly collaborates with Parkinson's UK and she is an active member of the patient advisory board at Boston Scientific.

Her achievements as a public speaker have resulted in her being awarded the Mo Mowlam award, and Inspiring Others Award at the Redcar & Cleveland Inspiring Women Awards 2023.

Jo's role in the 'DBS and Me' series was acknowledged in 2023, when the film won the people's choice award at the Smiley Charity Film Awards in London. The series has received over 1M views!

Jo continues to raise awareness of Parkinson's through Podcasts, Radio and TV interviews – appearing on Steph's Packed Lunch and BBC Radio.

Jo regularly contributes to the BSc Nursing programme at Teesside University by presenting her journey which resulted in her being the winner of Alumni Volunteer of the Year 2024.

AWARDS & ACHIEVEMENTS



Inspiring Others award, 2023



Smiley Charity Film Awards winner, 2023



TEDxWarrington talk, 2024



Alumni Volunteer of the Year Teesside University, 2024