

Bios for Angela Robb



2-line bio:

Wife, Parkinson's disease advocate, Reiki Master, Speaker who believes in self-compassion. Co-author of a new workbook, *Dealing & Healing with Parkinson's Disease and Other Health Conditions - A tool for everyone!*

Short Bio:

Parkinson's disease carepartner for over twenty years, honored as a White House Champion of Change. Co-author of the new book, *Dealing and Healing with Parkinson's Disease and Other Health Conditions* written with husband, Karl who has young onset Parkinson's disease.

You can reach her at angela@givereiki.com or <http://www.ASoftVoice.com>.

Medium Bio:

Angela Robb is wife and carepartner for her husband, Karl, who has young onset Parkinson's disease (PD). Angela is an advocate who speaks and writes about caregiver issues. In 2015, she was honored as a White House *Champion of Change in Parkinson's Disease*.

She has shared her experiences at various national and international Parkinson's Disease conferences. She has written on the topic of caregiver self-care for the Davis Phinney Foundation's *Every Victory Counts®* manual.

Professionally, she is a certified Reiki Master and co-owner & creative director for RobbWorks. She has a B.A. in Political Science/Public Policy from West Virginia University.

You can reach her at angela@givereiki.com or <http://www.ASoftVoice.com>.

Long Bio & Speaker Introduction:

Angela Robb is wife and carepartner for her husband, Karl, who has young onset Parkinson's disease (PD). Angela is an advocate who speaks and writes about caregiver/carepartner issues. In 2015, she was honored as a White House *Champion of Change in Parkinson's Disease*. Angela and Karl just released their second book, *Dealing and Healing with Parkinson's Disease and Other Health Conditions: A Workbook for Body, Mind and Spirit*.

She has spoken at the 3rd World Parkinson Congress (*Montréal*), Davis Phinney Foundation Victory Summit® (*Richmond & Charlotte*), Partners in Parkinson's (DC), NPF Young Onset Parkinson Network conferences, and various regional PD conferences. She has written on the topic of caregiver self-care for the Davis Phinney Foundation's *Every Victory Counts®* manual. She is a board member of the Parkinson Voice Project.

Angela's journey with Reiki (Ray-Key) began in 1998 when Karl went to try complementary therapies to help his Parkinson's. During the session, she learned about Reiki but was skeptical – she told Karl to try it first then she would decide if she wanted to receive a session. After an hour, Karl woke up with a huge smile and brightness to his face, she decided to give Reiki a try! For the last 19 years, she has been on a journey with Reiki – to help herself and to help others. Certified as a Reiki Master in 2012, Angela always remarks that, “You are never truly a Master of Reiki – it is always teaching you new ways to look at life.”

Before working within the Parkinson's community, she worked for AOL (America Online) for five years. She started as a technical support representative fielding calls from AOL members. She eventually transferred to working for the following AOL channels as a publisher/publishing project coordinator: Computing, Health, Sports, and Lifestyles.

Angela left the corporate world in 2000 to join Karl in his entrepreneurial quests. Their first venture was ChocolateoftheMonth.com, a website representing small premium chocolate manufacturers. The next venture was TrueTip, which developed stylus products for touchscreen devices.

She has a B.A. in Political Science/Public Policy from West Virginia University. You can contact her at angela@givereiki.com or at <http://www.ASoftVoice.com>.

5 Fun Facts You Didn't Know About Me:

1. Angela grew up in rural Virginia and was a 4-H member from the ages of 8-18.
2. She was inducted into 4-H Virginia All-Stars for her work as a 4-H member.
3. Angela uploaded and published the electronic file of the Starr Report onto America Online (AOL).
4. Angela loves to bake, especially cakes!
5. She met Country & Western music star Marty Robbins at the age of 5.
6. Angela has a picture of herself trying to take a box of cereal from Jerry Seinfeld's cereal shelf on the set of Seinfeld!