

# ***Or, Learn Parkour* Press Kit Fact Sheet**

## **About *Or, Learn Parkour***

*Or, Learn Parkour* is a comedy talk show hosted by Jordan Rawlings and Lex Kathryn, two women with Attention Deficit Hyperactivity Disorder. Join us and our special guests as we explore the ups and downs of living with ADHD, creating while neurodivergent, and whatever else we can't stop talking about.

Each episode, Jordan and Lex discuss an element of ADHD, such as treatment methods, coping mechanisms, history, controversy and more, share their real-life experiences, and end each episode with a trip to the Dopamine Trampoline, where they share their current hyperfixation or special interest. Some episodes also feature special guests such as subject matter experts and fellow neurodivergent artists!

## **The Production**

*Or, Learn Parkour* premiered in July 2020 and has been updating bi-weekly ever since.

Although *Or, Learn Parkour* is in its first season, it has listeners in 8 countries across the world, and currently maintains a 5-star rating on Apple Podcasts.

In October, *Or, Learn Parkour* was named a finalist in the Discover Pods Awards for the Best Comedy Podcast of 2020 category.

## **Cast and Crew**

*Or, Learn Parkour* is produced by Wholehearted Production Co., and co-hosted by WPC co-founders, Jordan Rawlings and Lex Kathryn, who live in Chicago with their cats, Ned and Rootbeer.

Jordan Rawlings (*she/they*) is an actor, writer and theatremaker, ensemble member of the Chicago-based Paper Theatre, and during the daytime, a baker. Originally from Eastern Washington State, she earned her BFA in Performance from the University of Idaho, before moving to Chicago.

Lex Kathryn (*she/they*) is a writer, artist, and comedian who has an opinion about most things and is ready to fistfight over everything. Hopping around from Michigan to Indiana to Idaho for school, Lex earned a BA in International Studies, MA in Anthropology, and a Sociological Certificate in Diversity & Stratification along the way from Taylor University and University of Idaho, respectively. Now based in Chicago, Lex dedicates a large part of her time to making things and watching Letterkenny with her cat Rootbeer.

Lex and Jordan originally met while studying at the University of Idaho, and are now roommates and co-creators in Chicago. After Jordan was diagnosed with inattentive-type ADHD in the fall of 2019, Lex did some research of her own and received a diagnosis shortly after, in early 2020. As storytellers and podcast fans already, the next logical step was creating *Or, Learn Parkour*, to share their journeys as neurodivergent artists and the things they wish they'd been told earlier, in hopes

of increasing awareness and bringing some levity to an oft-misunderstood disorder.

## **Credits**

Our cover art is by California-based illustrator Krizia Perito, whose work can be found here:

Instagram: [@petalhop](#)

Twitter: [@petalhop](#)

Etsy: [Petalhop](#)

Our intro and outro song is “There Is A Dark Place,” by [Tom Rosenthal](#), from his album *Keep a Private Room Behind the Shop*. It is used here under a Limited Online Music License.

## **What People are Saying About Or, Learn Parkour:**

“Jordan and Lex immediately make you feel like an old friend sitting in the room with them—they are funny, compassionate and smart! I have a few people I love who have been diagnosed with ADHD as adults and I am so appreciating learning more about what that means from these two. Plus, gaining some other random knowledge for future trivia games. Can’t wait for more episodes!”

- eeeeevaaaahhh , 07/22/2020

“This podcast is informative and educational a la Sawbones, but hones in on the experience of people with ADHD as well as other neurodivergencies (is that a word? ehh, who cares, it is now). And then in the back half of each episode, you get a lil bite-sized snack of information about some topic that Jordan or Lex is excited about. It’s like... Sawbones in the front, Wonderful in the back. Anyway, if you are someone with ADHD, or you know and love someone with ADHD, this podcast is for you. It is cozy and funny and informative all at once.”

-calpalfromFL , 09/29/2020

“What on earth does ‘Or, Learn Parkour’ mean?”

-Jordan’s grandma, 10/7/2020

## **Audio**

Our trailer has been included in this press kit, in mp3 format, as well as a pdf transcript.

## **Images**

Included in this press kit:

-our cover art by Krizia Perito (750x750)

-one image of co-hosts Jordan (wearing a grey shirt) and Lex (wearing a long sleeve taupe shirt) (3024x2268)