

“Mistress of
Charisma”

Kristin Light

MENTAL HEALTH
NEURODIVERSITY



Kristin Light isn't just a speaker;
she's an unforgettable experience.

With a signature style blending contemporary
smarts and timeless sparkle, she captivates audiences
through her delightfully candid stories,
sagaciously sharp wit, and conscientious insight;
remixing vintage vibes into something *unmistakably new.*

“ Phenomenal ”

Melanie B. OTPP

One of the most *refreshing & authentic* sessions I've ever attended.

Jonathan J. MSHRD, SHRM-CP

Whether unpacking mental health stigma, building bridges for
diverse teams, or hosting with charismatic flair, Kristin delivers
memorable events that *stick* long after the curtains close;

sparking meaningful change worth raving about.

Full-Spectrum Specialist

- Speaker
- Emcee ("MC")
- Entertainer
- Facilitator
- Advisor

Trusted by Top Organizations



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hello@kristinlight.ca

KristinLight.ca



Kristin Light

“Mistress of Charisma”

Inspiring a Future
where
Every Mind
Finds its Groove

BIOGRAPHY

Kristin Light brings her dynamic expertise as a senior engagement and accessibility strategist, tenacious advocate, and captivating storyteller to every stage she graces.

Multiply neurodivergent with a flair for turning real-life challenges into tangible insights, Kristin weaves cutting-edge research with candid stories, sharp strategy, and conscientious guidance — making complex ideas refreshingly relatable and driving meaningful change worth raving about.

A vibrant and unique corporate experience facilitator, Kristin taps into both her performance background and the nostalgic **LEGO® Serious Play®** methodology to create innovative and immersive experiences that have been met with stellar reviews from participants and executives alike.

In 2023/24, Kristin channeled both her professional and lived experience to manage a federal grant (received through the *Canadian Association for Supported Employment's* Innovation Lab) to create the **ON-Board Construction Inclusion Project**, a suicide prevention and neuroinclusion program for Canada's rail construction sector.



Kristin is a proud Board Member with **DiverseMinds**, an organization dedicated to supporting neurodivergent women and girls; certified in ASIST (Applied Suicide Intervention Skills); a trained Mental Health First Aider; and a graduate of the University of New Brunswick's **Psychologically Safe Leadership** program. Her work has been featured in news media and industry publications, and she has co-authored two highly acclaimed books on mental health and neurodiversity.

With her signature blend of theatrical humour, nostalgic charm, and executive-level insight, Kristin delivers engaging, impactful experiences that will resonate long after the session ends.



Fabulous!
10/10 recommend

OMGMA Conference (audience)

*...knowledgeable, genuine,
humorous & engaging!*

Joe T. HeyOrca! Inc. (CEO)

Incredibly entertaining

Melanie D, The Digital Muse Marketing Inc. (CEO)

*...poised, elegant, and
deeply impactful*

Andrew L. Octant Executive Advisory Group (Pres.)

**We have gotten so much
amazing feedback!**

Angelyne G. Enwave Energy Corporation



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CURRENT OFFERINGS

Keynote & Emcee Experiences:

-  **Bridging the Mind Gap:**
A Human-Centric Celebration of Uncommon Sense
-  **...Happily Ever Average:**
A Candid Reframe of Mental Health, Resilience, and the Fallacy of the Finish Line
- Emcee: ‘Mistress of Charisma’**
Hosting that’s equal parts Wit, Warmth, & Wow.

Optional Add-On:

-  **Perspectives at Play**
Level up any session with a LEGO® Serious Play® tactile building experience that sparks reflection, fosters connection, and brings key themes to life!

Learning & Development:

-  **Great Minds Think Differently:**
A 3-Phase Workshop Series Demystifying Neurodiversity & Neuroaffirmative Leadership
-  **Talking Heads (Out Loud):**
Taking Workplace Mental Wellness Out of the Whispers & Onto the Agenda

Team Building Workshops:

-  **Reading Between the Minds:**
Half-Day Interactive Team Workshop exposing invisible communication gaps and transforming them into your team’s greatest collaborative advantage.

ALSO AVAILABLE WITH:



Jason Reid & Kristin Light, dubbed the *Dynamic Duo of Diverse Minds*, bring double the insight (and double the wit!) as they explore everyday workplace scenarios from both the neurotypical and neurodivergent perspectives, revealing the hidden success your team has been wired for all along!

**Trusted by top organizations,
loved by those who work there.**

ReidandLight.com