



Reid & *Light*



Jason Reid
Neurotypical

Dynamic Duo of Diverse Minds

Kristin Light
Neurodivergent

Jason Reid & Kristin Light are the unexpectedly *perfect* pairing revealing the untapped power of diverse teams.

The 'odd couple' of inclusion, this refreshingly radical duo deliver engaging, thought-provoking keynote presentations and programs that shift how your team thinks, connects, and thrives —

all designed to **strengthen culture, spark engagement, and boost performance** in your organization.

"flawless chemistry"

~ Madison Wagner-Powers, The Hotel Saskatchewan

"I feel so seen!"

~ Latoya Munoz, SHRM

**"Relatable and engaging"
"with a dose of humor & joy!"**

~ Monta Johnson, Anamorphiq

"Phenomenal!"

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

~ Jonathan Jones, MSHRD
Society of Human Resource
Management (SHRM)



If the name **Reid & Light** sounds like a **comedy duo**, you're not far off.

With backgrounds in media and the performing arts, both **Jason Reid & Kristin Light** are natural entertainers who command the stage. But when it comes to neurodiversity and invisible disabilities in the workplace, *they're all business*. Armed with expertise, real-world experience, and proven results, they deliver powerful insights — wrapped in engaging storytelling — that challenge perceptions and drive real, actionable change.

A former showgirl, **Kristin Light** brings her dynamic expertise as a senior engagement strategist, tenacious advocate, and delightfully charismatic entertainer to every stage she graces. A vibrant and unique corporate experience facilitator, Kristin taps into the *LEGO™ Serious Play* methodology to create innovative and immersive experiences that have been met with stellar reviews from participants and executives alike. Multiply neurodivergent with a flair for turning real-life challenges into tangible insights, Kristin weaves cutting-edge research with candid perspective — making complex ideas refreshingly relatable and driving meaningful change worth raving about.



For the past twelve years, **Jason Reid** has been captivating audiences worldwide with his engaging and empathetic approach to embracing invisible disabilities in the workplace. As a former screenwriter, comedy writer and broadcast journalism executive, Jason brings a unique perspective shaped by his own experience leading diverse teams while managing his own invisible disabilities. His book, *Embracing Invisible Disabilities in the Workplace*, provides actionable strategies for leaders and employees alike. A sought-after keynote speaker, his engaging presentations challenge outdated workplace norms, creating inclusive environments where everyone can thrive.

Kristin Light

Specialist in Effective Workplace Mental Health & Neuroinclusion Strategy
Proudly Neurodivergent

Jason Reid

Trusted Expert in Vulnerable Leadership for Diverse Teams
Uniquely Neurotypical



Trusted by
top organizations:

loved by those who work there.



Reid
& *Light*

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Both Jason & Kristin
are members in
good standing with:

CAPS 
Canadian Association of Professional Speakers
Association Canadienne des Conférenciers Professionnels

Globant 

Bell

Bombardier

IKEA

HeyOrca!

TD

MORNING BREW

TJX
CANADA

WESTERN
MICHIGAN
UNIVERSITY

enwave

GARMIN

SRC

REDFIN

SHRM
SOCIETY FOR HUMAN
RESOURCE MANAGEMENT

Teck

AECON

co-operators

MPI

Kellanova



CSAE

THE CITY OF
Kalamazoo

HRPA
Human
Resources
Professionals
Association

FDA U.S. FOOD & DRUG
ADMINISTRATION

WSIB
Ontario

coinbase

ONTARIO
TEACHERS'
PENSION PLAN

DURHAM
REGION



Explore the *Reid & Light* Difference:

Official Media (photos, videos, articles & more):

reidandlight.com/media

Testimonials (past clients & audience comments):

reidandlight.com/testimonials

Presentation Topics & One-Sheets:

- 💡 **Wired for Success: Leading Neurodiverse Teams to Exceptional Results**
<https://reidandlight.com/wp-content/uploads/Neurodiversity2025.pdf>
- 🎭 **Invisible Differences: Navigating the Last Mile to Belonging**
<https://reidandlight.com/wp-content/uploads/belonging2025.pdf>
- 帼 **Breaking Barriers: Empowering Neurodivergent Women in Leadership**
<https://reidandlight.com/wp-content/uploads/women.pdf>
- 🧠 **Understanding Invisible Disabilities of the Mind:
Mental Health & Neurodivergence at Work**
<https://reidandlight.com/wp-content/uploads/IDmind.pdf>

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