



Jason Reid
Neurotypical

Reid & Light



Kristin Light
Neurodivergent

Dynamic Duo of Diverse Minds

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:





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>



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>

Reid
& *Light*

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