

# Kelly Mason

Healer · Communicator · Speaker · Creator of The KULA Method™

*So many parents give everything to their families and lose themselves along the way. Kelly Mason helps them find their way back — to who they are, and why they're here.*

## ABOUT KELLY

Kelly Mason is a healer, communicator and speaker whose work rests on one idea: your truth will set you free.

For more than 20 years, Kelly has worked with 2,000+ clients to understand the patterns shaping their lives and relationships, steady their inner state, and lead themselves with intention. That work became **The KULA Method™**, a progressive, research-informed practice drawing on stress physiology, attention, emotional regulation, behavioral science and contemplative traditions.

Much of Kelly's work is with mothers and fathers who are juggling it all, running on empty and hitting walls — and who are ready to reclaim the identity they set aside while raising their families.

Kelly's conviction that truth, spoken clearly, creates change was proven publicly through *Pave the Road*, her award-winning documentary and advocacy campaign, which contributed to the passage of Costa Rica Law 9828, mandating recycled materials in road construction.

She speaks to individuals, parents, educators, leaders and organizations, and hosts the podcast *Truth Talks with Kelly Mason*. Born in Canada and raised in Trinidad, she is based in Los Angeles.

## SIGNATURE KEYNOTE

### Your Truth Will Set You Free

Audiences leave with clear language for navigating pressure, practical tools for steadiness and discernment, and a renewed sense of personal agency. The keynote is built on the four steps of the K-U-L-A aphorism:

**K** — Know who you are

**U** — Understand the stories that shape you

**L** — Lead with intention

**A** — Activate your presence

# The KULA Method™

*Know. Understand. Lead. Activate.* — self-realization, made practical. The method unfolds through four progressive programs:

**01 Activation** Break the patterns. Reclaim your power. Change the direction of your life.

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**02 Magnetic** Raise your resonance.

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**03 Sovereign** Trust yourself completely. Own your truth. Lead your life without apology.

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**04 Legacy** Become the fullest expression of who you came here to be.

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## Areas of Expertise

- Self-awareness & inner leadership
- Emotional regulation & steadiness under pressure
- Conscious communication & relationships
- Intuitive, energy-based healing practice
- Parenting, education & the next generation
- Legacy, purpose & social-impact advocacy

## Speaking & Media Topics

- **Your Truth Will Set You Free** — signature keynote
- **Know. Understand. Lead. Activate.** — inner leadership in constant change
- **Finding Yourself Again** — identity, exhaustion & the parent who gave everything
- **Raising the Next Generation** — presence, attunement & screens
- **From Invisible to Legacy** — turning life experience into impact

## Current Work

- **The KULA Method™** — Creator & lead teacher
- **Your Truth Will Set You Free** — Keynote
- **Truth Talks with Kelly Mason** — Podcast host
- **Legacy Program** — High-level mentorship for visionaries, founders and leaders

## Career Highlights

- Creator of The KULA Method™ — a four-program pathway (Activation, Magnetic, Sovereign, Legacy) built from more than 20 years of practice and 2,000+ clients
- Trailblazed the camera trainee category within IATSE in Canada in the 1980s, then rose through the ranks to become the pioneering female cinematographer in the union now known as ICG 669
- Nearly four decades in film and television, including camera and cinematography work on acclaimed series such as *The Night Agent*, *Travelers* and *Riverdale*
- Director and producer of *Pave the Road* — winner of 22 awards, seen in 70+ countries, and a contributor to the passage of Costa Rica Law 9828, mandating recycled materials in road construction
- Founded the Trinidad & Tobago Film Commission
- Served on the IATSE/ICG 669 union board and taught for professional cinematography organizations
- Member of the Television Academy
- Host of *Truth Talks with Kelly Mason* — Spotify, Apple and Amazon

## Affiliations & Memberships

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|------------------------------------------------------|----------------------------------------|
| Television Academy                                   | Member (2025/2026)                     |
| International Cinematographers Guild (IATSE/ICG 669) | Full Member; former union board member |
| American Society of Cinematographers                 | Friend of the ASC (since 2000)         |
| Canadian Society of Cinematographers                 | Associate Member (since 1991)          |
| Documentary Organization of Canada                   | Full Member                            |
| International Documentary Association                | Full Member                            |
| International Community of Female Cinematographers   | Full Member                            |
| Women in Media                                       | Member                                 |
| From the Heart Productions                           | Fiscal Producing Partner               |

# Bios for Publication

Please use these approved versions for programs, introductions and press.

## ONE-LINE BIO

Kelly Mason is a healer, communicator and speaker, and the creator of The KULA Method™ — a practice for knowing, understanding, leading and activating your truth.

## SHORT BIO (ABOUT 60 WORDS)

Kelly Mason is a healer, communicator and speaker, and the creator of The KULA Method™ — a research-informed practice built on four steps: Know. Understand. Lead. Activate. Her keynote, *Your Truth Will Set You Free*, and her podcast, *Truth Talks with Kelly Mason*, invite people — especially parents who have lost themselves in the juggle — to live from who they truly are.

## MEDIUM BIO (ABOUT 140 WORDS)

Kelly Mason is a healer, communicator and speaker who helps people see the patterns shaping their lives and relationships — and choose differently. Much of her work is with parents who have given everything to their families and are ready to find themselves again. She is the creator of The KULA Method™, a progressive, research-informed practice for self-awareness, emotional regulation and inner leadership, built on four steps: Know who you are. Understand the stories that shape you. Lead with intention. Activate your presence.

Over more than 20 years, Kelly has worked with 2,000+ clients. Her keynote, *Your Truth Will Set You Free*, gives audiences clear language for navigating pressure, practical tools for steadiness and discernment, and a renewed sense of personal agency. She hosts the podcast *Truth Talks with Kelly Mason*, available on Spotify, Apple and Amazon.

## Media Assets

Available on request:

- High-resolution portraits
- Film stills & production imagery, including *Pave the Road*
- Logos — Kelly Mason & The KULA Method™
- One-sheet & speaker reel
- Approved bios — one-line, short, medium & long

## Press Inquiries & Bookings

For interviews, keynotes, podcasts and media requests:

**Email** [media@kulamethod.com](mailto:media@kulamethod.com)

**Web** [kellymason.com](http://kellymason.com) · [kulamethod.com](http://kulamethod.com)

**LinkedIn** [@kellymasonofficial](https://www.linkedin.com/company/kellymasonofficial)

**Instagram** [@kellymasonofficial](https://www.instagram.com/kellymasonofficial)

**YouTube** [Kelly Mason Official](https://www.youtube.com/KellyMasonOfficial)

**Podcast** [Truth Talks with Kelly Mason](https://www.kellymason.com/podcast)