

# **MICHELLE “MEA” ALLMEN, CPLC/HNLC-C BIOGRAPHY**



Michelle “aka Mea” Allman is a Jamaican-born Cultural and media entrepreneur of a diverse mixed family heritage—Father (Costa Rican) and Mother (Jamaican, Arawak Indian, Scotts)—who has championed the healing and development of men and women of culture in Florida and the Caribbean diaspora. Her passion and purpose in life in overcoming various chronic illnesses, including 21 years of surviving Breast Cancer, has fueled her passion to help others use embracing pride and appreciation of their culture to transform their lives. Among her many accomplishments includes:

## **ACCOMPLISHMENTS:**

Editor-in-chief, Journalist, Communication/Web Graphic Designer, Photographer/Videographer, PR & Marketing Consultant, Community Liaison, Certified Professional Life Coach, Certified Health & Nutrition Life Coach, Radio Personality, Cultural & Health Advocate.

## **SHORT INTRO BIOGRAPHY**

Mea Allman is a Certified Professional Life Coach who encourages others to make, meet and exceed goals in both their personal & professional lives. She has used her success as a 21-year Breast Cancer Survivor and health advocate to launch the *Ribbons of Survivors 365*. It informs the public of how to survive and thrive in spite of various chronic illnesses and conditions. She has used an online publication she created, *KUOMagazine*, and her status as a community liaison—to bring awareness to the diverse cultures throughout State of Florida. In short, Mea Allman is a passionate Editor-in-chief, Journalist, Communication / Web Graphic Designer, Photographer / Videographer, PR & Marketing Consultant, Community Liaison, Certified Professional Life Coach, Radio Personality, and Cultural/Health Activist.

Mea is a faculty member of KweliWorks Institute, which is a group of Self-Empowerment Coaches who do training, workshops, one on one consultation, online classes, broadcasting, write articles/blogs, etc., to assist those who are seeking the truth from within. As a life coach I will be doing several seminars webinars, conferences and once everything has opened from the social distance. I will be traveling worldwide to share my experiences to inspire and empower people to meet and exceed their personal life challenges.

## **FULL BIOGRAPHY**

Mea Allman (born Jamaican), come from a diverse mixed family heritage, Father (Costa Rican) and Mother (Jamaican, Arawak Indian, Scotts). I migrated to Canada, and now resident in Florida for 36 years from leaving Jamaican at the young age of six. My Caribbean culture has always been a big part of my life, to where my parents groomed me to be as an adult. Later in years, I understand more and more how my culture transforms me through family stories of the past, present and the future, along with my life struggles. Today it's more present of the joyful journeys of overcoming various chronic illnesses to Breast Cancer Survivorship (May 2000).

Finding new purpose in my life, I decided to create and publish my own Caribbean magazine in April 2007, called "Karibbean Under One Magazine (KUOMagazine.com)," as the Founder/Editor-in-Chief along with my oldest son Michael Morgan (CEO). A year later, KUOMagazine, became an online publication magazine. Our mission/vision was to motivate, inspire & empower men, women, and youths to strive for excellence in their daily lives, promote good health, love themselves from within, while embracing their culture. We also did media coverage by sharing the richness of the culture through Cultural Annual Events, Caribbean Small Business Spotlight, Immigration & Health & Wellness, just to name a few. My culture has become a part of my daily routine as a cup of coffee in the morning to a relaxing moment of a glass of wine with dinner. In 2010, after being a guest on various AM Caribbean Radio shows, I decided to bring the magazine to radio with "KUOM LIVE" on WOTTS 1600 AM - Sista Sharon's Island Riddim Radio Show.

Taking time off in 2010 - 2014, to recovery from ongoing health issues, I slowly got back into attending some cultural events. I saw the need to create something different, which was "Between Karibbean Friends Magazine," but by popular demand it was clear that KUOMagazine had made an impacted in the community. So, in saying that changing the name, everyone knew me as KUOMagazine, that has now been in existence for 12 years. This time around I rebranded and start offering services of Website/Graphic Design, Photography, PR & Marketing, Media Coverage, Social Media Blogger for companies, Motivational Speaking on women empowerment and voluntary my services to support newly Diagnose and Cancer Survivors.

In March 2014, I launched one of my biggest passion KUOMagazine's "Ribbons of Survivors 365," by taking and interviewing women in sharing their stories of being a survivor. Then, in 2017 I hosted the 1st Annual Ribbons of Survivors 365 Brunch, to honor five beautiful Breast Cancer Survivors and one Domestic Violence Survivor. The courage, strength, faith, and the love of their culture these women shown was amazing. In 2019, we opened it up to encourage men/women that have overcome or battle chronic illness/conditions to celebrate life, and those we've lost by wearing a colored ribbon/outfit that symbolize remembrance of a love one or their survivorship. Each year in October, we'll continue to honor 6-8 men and women.

In January 2015, I launched "Karib Girlz Vybes." with the mission to bring diverse cultures together by empowering women to be innovative throughout their daily lives. Being from a mixed culture, it's important for me to embrace who I am from within. I was bullied in high school, because children did not understand this little girl that came from the Caribbean (my Canadian/Jamaican accent). They were many days that I cried and did not want to go back to school, but remembering what my mother always instilled in me to hold my head high, be proud of my culture and the beautiful girl you see in the mirror each day. She also mentioned that many people don't understand our culture and we have to educate them in order to walk in our shoes. I took that approach and eventually I started making friends. By attending cultural events, I had the opportunity to meet and speak with women from various cultures and hearing how hard it was to embrace or speak with their cultural accent in a non-cultural environment. After hearing this, it was time to put Karib Girls Vybes to bed and think on a much bigger level.

In 2016, the birth of Women of Kulture was born and then to Women of Kulture 365 #mycultureisbeautiful, in 2018. I made it my mission to help women to share their biography/story of being a businesswoman, overcoming many obstacles within their lives to a continued journey and staying healthy. As a 21-year Breast Cancer Survivor and losing my breast and hair, it was so hard for me to love who I saw in the mirror. It's the hardest feeling when you feel less than a woman and wonder how I can be me again. That when I realized I was dealing with mental health and needed to seek therapy to start the healing process. After six months to a year of therapy, continuing to pray to overcome these demons and find closure, I learned how to love who I am from within. This was now my way of connecting with other women, because I have walked in many of their shoes. I want women to tap into their true potentials and strive to epitomizing the 4 S's that helped me, (Self-Awareness, Self-Confidence, Self-Respect and Self-Worth), but allowing them to find their voices to speak up, know their worth and identify the best way to use it. My community of sisterhood of Women of Kulture 365, possess such great strength, courage, faith, pride in their culture as strong queens' warriors. Our motto is "we are a Giver of Life, the Heart & Soul of our family. We're not defined by the Color of our Skin, the Texture of our Hair, nor how we speak with our cultural accents. We define who we are, who we want to be, and how we want people to see us, when we stand tall in our community, in our Faith and most of all in our Culture. We are a Women of Kulture 365, in all that We do! I truly thank God for my blessing, continuously to meet such beautiful wonderful women over the years to share in their HOPE, OBSTACLES, RENEWED LIFE, FAITH FOUNDATION, LOVE and to be the PERFECT CREATION OF GOD! In, December 2018, I launched Men of Kulture 365 with the same vision & mission, to inspire and empower men of all ages and cultures. In the month of March, we will celebrate and honor 6-8 women from various culture with a Women's Empowerment Luncheon.

In 2016, I joined became the co-founder of Caribbean Professionals Alliance along with founder Donna Morton Morgan. We are group of professionals based out of Central Florida that is dedicated in promoting small businesses, PR & Marketing/Media Coverage at grand opening of local Caribbean businesses, hosting (seminars/townhall meetings/business networking), as well as supporting our local Caribbean-American Organization by sharing resources such as networking and social events that will enhance businesses while preserving and celebrating our Caribbean culture. In 2020, it's now become Caribbean American Diaspora Alliance, Inc. (Non-Profit Organizations), which I'm the Vice-President.

In January 2017, Georges Boussous, Jr., who's the Founder/Executive Director of a non-profit organization called Word and Action, Inc. love what I was doing with my Women of Kulture 365 and offered me a position on the Executive Board as their Public Relations Communications Director, which bring awareness to women & prevent and/or decrease the occurrence of child sexual abuse in our community. W&A promotes a culturally based approach to child sexual abuse prevention and treatment.

In October 2017-2019 - Michael Arjoon (Founder, iChunes Entertainment International) offered a position of Managing Editor/Art & Layout Director/Photographer to launch their brand-new online magazine called iChunes Entertainment Magazine. This is a quarterly magazine that focus bringing information on the top Caribbean Entertainers, Cultural Events/Mas & Carnival, Entertainer on The Rise, Health & Wellness, Immigration, Immigration, Florida Real Estate, Men & Woman of Kulture, just to name a few.

I was able to expand Women of Kulture on a higher scale by featuring men/women within our community and worldwide that was doing positive things in their community, business and back home. In 2019, we launch iEM TV, that will be featuring many of the topics in iEMagazine. For more information on iChunes Entertainment Magazine / iEM TV, please visit [www.ichunesentmagazine.com](http://www.ichunesentmagazine.com). In November 2019, I left iChunes Entertainment Magazine to continue pursue my passion and vision were my life had shifted in a different direction from their vision. I brought back KUOMagazine Men & Women of Kulture 365 with a new purpose of a Greater Level of Wellness (G.L.O.W.), to focus on a healthier way of living.

In 2019, KUOMagazine's Men of Kulture 365 was launch with the mission to bring diverse cultures together by empowering women to be innovative throughout their daily lives. We also want to increase their social and political awareness. Each year in June we will celebrate with a Men's Empowerment Luncheon to honor 6-8 men from various cultures.

In June 2020, I became a Certified Professional Life Coach and a Health & Nutrition Life Coach, that will help encourage others to make, meet and exceed goals in both their personal & professional lives by having a positive and healthy state of mind.

In addition, I'm a freelance photographer/videographer for several media outlets (Caribbean National Weekly/Jamaicans.com) and other local Cultural Promoters here in Central/South Florida, Web & Graphic Designer, PR & Marketing.

**Stay connected with me on my social media links & website:**

**Email:** [iamkuomagazine@gmail.com](mailto:iamkuomagazine@gmail.com)

**Cell:** (407) 486-5001

**Facebook:**

<https://www.facebook.com/KUOMagazine>

<https://www.facebook.com/menofkulture365>

<https://www.facebook.com/WomenofKulture365>

<https://www.facebook.com/Kallaloo4DeSoul365LifeCoach>

<https://www.facebook.com/kweliworks>

**Instagram:**

<https://www.instagram.com/menofkulture365>

<https://www.instagram.com/womenofkulture365>

<https://www.instagram.com/kweliworks>

**Websites:**

[www.KUOMagazine.com](http://www.KUOMagazine.com)

[www.WomenOfKulture.com](http://www.WomenOfKulture.com)

[www.MenOfKulture365.com](http://www.MenOfKulture365.com)

[www.RibbonsOfSurvivors.com](http://www.RibbonsOfSurvivors.com)

[www.healthbydesignusa.org](http://www.healthbydesignusa.org)

[www.KweliWorks.com](http://www.KweliWorks.com)

## **Initiatives and Accomplishments & Community Involvement:**

- 2007 Executive Board Member of the Orlando Carnival Association, Inc.
- 2007 Founder of Caribbean Under One Magazine (KUOMagazine)
- 2010 Founder of KUOM Live Radio Show (Highlights of KUOMagazine to radio)
- 2014 KUOMagazine's Ribbons of Survivors (bringing awareness chronic illnesses & cancer)
- 2014 Co-Founder for Pinktober Fete (bringing awareness & giving back to cancer survivors)
- 2014 PR & Media Consultant for Orlando Cultural Carnival Association, Inc.
- 2015 Founded Karib Girlz Vybes (motive, empower & inspire women from various cultures)
- 2015 Caribbean-Ambassador for "Talk of Orlando"
- 2015 Executive Board member for The Orlando Advisory Cultural Committee (OACC)
- 2016 Official Photographer for B.I.C. Pro Audio (for Carnival in Atlanta, GA, Central/South Florida Carnivals).
- 2016 Founded KUOMagazine's Women of Kulture
- 2016 Co-Founder/Photographer for Caribbean Culture Matter
- 2016 Executive Board Member/Assistant Public Relations/Photographer for Central Florida Caribbean Cultural Organization
- 2017 Co-Founder of Caribbean Professionals Alliance (promoting small businesses)
- 2017 Co-Founder of Karib Girlz Media
- 2017 Public Relations Communications Director, Executive Board member for the Word & Action, Inc.
- 2017 Managing Editor/Art & Layout Director/Photographer for iChunes Entertainment Magazine
- 2018 Ambassador for AMRAK Films (Anti-Bullying Campaign)
- 2018 Rebrand of KUOMagazine's Men/Women of Kulture 365 #mycultureisbeautiful G.L.O.W. (Greater Level of Wellness)
- 2018 PR Liaison for Jamaican Cultural Connection (JCC)
- 2018 Founder of KUOMagazine's Men of Kulture 365
- 2018 Executive Producer for Caribbean Straight Talk Show
- 2018 Executive Producer for iEM Television
- 2019 Member of the Caribbean Community Outreach
- 2019 Public Relations Officer for One Caribbean United of Central Florida
- 2020 Vice President for Caribbean American Diaspora Alliance, Inc.
- 2020 Certified Professional Life Coach
- 2020 Certified Health & Nutrition Life Coach
- 2020 Member of KweliWorks Certified Professional Life Coach Speakers
- 2020 Member of Sisters Network Orlando (Non-Profit Breast Cancer Organization)
- 2020 Executive Board Member of Health By Design USA