

**Coach Mea Allman, CPLC/HNC-C**  
**- Certified Professional Life/Health/Nutrition Coach/  
Breast Cancer Survivor/Cultural & Health  
Advocate/Writer/Magazine Publisher/Freelance  
Photographer/ Videographer/Broadcast Journalist**

### Synopsis

Coach Mea Allman is the founder/editor-in-chief of KUOMagazine and a Certified Professional Life & Certified Health & Nutrition Coach who encourages others to make, meet and exceed goals in both their personal & professional lives while living healthy. 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.com*, and her status as a community liaison—to bring awareness to the diverse cultures throughout State of Florida. In short, Coach Mea is a passionate Editor-in-chief, Journalist, Communication/Web Graphic Designer, Photographer/Videographer, PR & Marketing Consultant, Community Liaison, Radio Personality, and Cultural Advocate.

### **Career major highlights include:**

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:

- **2008 Founded Karibbean Under One Magazine (KUOMagazine)** —to motivate, inspire, men, women, and youths to strive for excellence in their daily lives, exclusive interview, and special features on beauty/fashion, culture, health/wellness recipes, inspiring authors, traditional medicine, just to name a few. KUOMagazine shows the richness of our diverse cultures as a community liaison for other Caribbean organizations/businesses to provide resources, outreach, disaster relief, and help others to unite and grow our culture awareness in the larger community and promoting annual cultural events within Central/South Florida.

- **2014 Founded "Ribbons of Survivors 365,"** In 2017, she hosted the 1st Annual Ribbons of Survivors 365 Brunch, to honor and celebrate Breast Cancer Survivors and one Domestic Violence Survivor. Each year she has expanded to honor individuals from various chronic illnesses/conditions with an empowerment luncheon in October and share their story in KUOMagazine.
- **2016 Founded "Official Women of Kulture,"** in 2015 she founded Karib Girlz Vybe, with the mission to build a sisterhood community of diverse cultures who've shun or embarrassed of their culture. She educates and help women to be proud of their culture and tap into their true potentials and strive to epitomizing the 5 S's that helped her, (Self-Awareness, Self-Confidence, Self-Love, Self-Respect, and Self-Worth), and allowing their voices to paint a portrait that they're not define by the color of their skin, texture of their hair, nor how they speak with their cultural accent. These women inspire other women to be innovative throughout their daily lives and identify the best way to use it while embracing their culture. In 2016, she rebranded to Women of Kulture and hosted the 2018 1st Annual Women of Kulture 365 Empowerment Brunch, to honor 6-8 women from various cultures. In 2018, she launched Men of Kulture 365.
- **2020 become a Certified Professional Life/Health & Nutrition Coach** to encourage others to make, meet and exceed goals in both their personal & professional lives by using her success as a 21-year Breast Cancer Survivor as a Health Advocate.
- **2021 Founded/Host/Producer of "G.L.O.W. 365 = Greater Level of Wellness 365 Monthly Virtual Show,** to educate and bring awareness with top experts in their field of Health & Wellness, Entrepreneur who share their expertise in how to find balance through Mind, Body and Soul. In each episode we bring a new approach to Fitness, Nutrition, Chronic Illness, Holistic Health, Mental Wellness, Love & Relationships, Self-Love, Spiritual Wellness, testimonies of survivors who've overcome traumatic challenges/achievements, to celebrating and embrace our cultural heritage. Join the conversation to find you "Power Of G.L.O.W.
- **2021 she served as the Director of Media Relations and the International Cultural Ambassador for the Orlando International Film Festival - Lions Club.** Her focus is to provide a platform while preserving and celebrating Caribbean Filmmakers.

## **COMMUNITY SERVICE AWARDS COMMUNITY SERVICE AWARDS**

- 2019 Community Service Award for years of service as a Breast Cancer Advocate and a Cultural Advocate from the Jamaican American Association of Central Florida.
- 2021 named the International Cultural Ambassador for the Orlando International Film Festival Lions Club (provide a platform to celebrate Caribbean Filmmakers)
- Community Service award from Congressman Darren Soto for Caribbean Heritage Month, 2021 Congressional Community Award. This award is documented and recorded in the Library of Congress.

## **ACCOMPLISHMENTS & COMMUNITY INVOLVEMENT**

- 2007 Executive Board Member of the Orlando Carnival Association, Inc.
- 2009 Member/Official Photographer of the Heads of Caribbean
- 2010 Member of Orange County Sheriff Gerry Demings Cultural Task Force
- 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 (Atlanta, GA, Central/South Florida carnivals).
- 2016 Assistant PRO/Photographer for Central Florida Caribbean Cultural Organization
- 2017 Co-Founder of Caribbean Professionals Alliance
- 2017 Public Relations Communications Director, Word & Action, Inc.
- 2018 Ambassador for AMRAK Films (Anti-Bullying Campaign)
- 2018 Executive Producer for Caribbean Straight Talk Show (Facebook)
- 2018 Executive Producer for iEM Television/Managing Editor iChunes Ent. Magazine
- 2018 PR Liaison for Jamaican Cultural Connection (JCC)
- 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 KweliWorks Empowerment Speaker/Technical Director Virtual Shows
- 2020 Member of Sisters Network Orlando (Non-Profit Breast Cancer Organization)
- 2020 Executive Board Member of Health By Design USA