

LET ME INTRODUCE MYSELF ...



FROM VULNERABILITY TO VICTORY



Martina Kelades



My name is Martina Kelades. I am a professional storyteller, a Canadian actor, and a mental health and wellness speaker. My journey has been quite beautiful and uncertain so far; however, it's a journey that has led me here, and I believe I am where I am supposed to be.

This journey into the film industry and mental health field evolved from my previous career as a Personal Development Counselor and Facilitator. I burned out after ten years of working in the social services field, particularly in employability skills training and life skills development.



Of course, this was an experience I had never anticipated or wanted. Still, I realized that challenges can lead to unfamiliar discoveries that can take you down a new life path.

I was put off work for medical reasons related to burnout and was diagnosed with general anxiety disorder and depression. It was through my challenges with mental health (as well as my faith and therapy) that I discovered a way of turning my pain into purpose.

I started my business, Life Out Loud– Mental Health Consulting & Creatives, as an opportunity to facilitate and support organizations in holding safe spaces for sometimes difficult (and uncomfortable) conversations about mental health in the workplace and life in general. As a vulnerability speaker, I share my story to connect with community and offer insights, resources and support to increase overall health and wellness.

Through the pandemic, my business took off. The increased recognition and prioritization of mental health support for employees became the launching place of my work. Throughout 2020, I realized that I was still in burnout recovery and needed to focus on things outside of my work in mental health to take care of myself.

I turned to TikTok – specifically Tyler Perry’s Madea – to create funny videos to spread light, love and laughter in a world that felt so unpredictable. My first agent discovered me through my videos, noticed something in me, and asked if I had worked as an actor. Only having worked in the industry as a background performer several years prior, I signed with my agent and started booking actor gigs.

After countless hours of training, working with acting coaches, and auditioning, I started developing my craft as an actor. Within a year of starting out, I earned my credits to be a union actor through ACTRA. I’ve worked on several projects, including TV series, feature films, films, and commercials, and three years later, I continue to work and evolve as an actor.



My work in mental health also continues to grow as I've transitioned into a speaking business. I've spoken at several events as a keynote speaker, MC, and panelist in various settings, including TV and film, corporate companies, non-profit organizations, and conferences.

I am only just beginning, and I believe this is a lifelong journey. Ultimately, one day, I will merge the two areas of my work into one – creating unique and meaningful projects in storytelling.

Thank you for being here!

Martina Kelades



Photographs by: Nicole Lapierre Photography



ACTRA



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