

Kim Fuller's Bio

Kim Fuller is a mindful photographer, mindfulness and story coach, award winning author, TEDx speaker and founder of Born to Rise™. Her passion is to help women stand in their power, their story and their beauty so they can live a confident and peaceful life. She uses photography to mirror the beauty she sees in each woman, empowering them to show up authentically in business and life.

Kim also gives women a platform to share their personal stories with a live audience so they can process, release, and transform from victim to hero. She provides women mindful tools through her Art of the P.A.U.S.E. method that invites them to slow down and look carefully inward. This enables them to expand in creativity, intuition, peace, and joy, and release their fears, judgments and assumptions of themselves and others.

Kim leads workshops and story exchanges in the DEI space, with women's groups and at conferences. She has been a keynote speaker and workshop facilitator for Chubb insurance, Bank Newport, Bryant Women's Summit, the United Way, IGT, Adidas, Day One and many other organizations. She has been a guest on several podcasts, radio shows and television spots speaking about mindfulness and the power of storytelling.

Born to Rise is Kim's passion. She believes if we can see the greatest qualities in ourselves by unraveling unhelpful stories, assumptions, and judgments, we can heal and RISE to our greatest potential. When we are healed, we lead our lives with more love, compassion, and empathy. When we share our stories we connect more deeply, educate others, and bridge the divides that keep us from understanding those who seem different.

Kim also feels the voices of women need to be amplified to balance the stories that have been told for centuries by men. Women's stories tend to explore themes such as community, collaboration, and compassion whereas many of our historical stories were about wars, power and control. We need both versions of life to understand the best possibility for all people and the planet.

She is a mother of three children, one of whom is adopted and is her greatest spiritual teacher. Her book "Finding" tells the story of her journey with this young boy and the Dalai Lama. One of Kim's greatest gifts is she is a great hugger.