

# Kilara Sen

## JAPANESE STANDUP COMEDIAN & SPEAKER

Kilara Sen is a Japanese Stand-up Comedian and speaker, who moved to New York from Tokyo in 2022.

\*All Kilara could get free in New York so far is just her first case of Covid.

**Kilara is a “Godzilla mom” survivor, ex “hikikomori” (shut-in), and an alumni of Hampton University (HBCU).**

\*She graduated from Waseda University, Japan.

Based on her experiences, Kilara shares her funny and unique perspective on **Mental Health, Diversity, and Feminism.**

Even while Kilara was in Japan, she performed and made speeches for global companies and colleges including the University of Tokyo, Harvard University, and CUNY.

Kilara currently is hosting "Japanese Whisky World" on Dekanta TV.

\*Of course, her job is drinking whisky... yes, she's a workaholic!

Kilara introduces a new type of Japanese woman - the New Pink.

Kilara Sen a.k.a. Pink Unicorn.

*"If only Kilara had been lead presenter on the whole show." - The Guardian*

*"Funny in translation: Japanese comedian tackles U.S. audiences" -Asian Weekly.*

## CREDITS

"Asia's Got Talent" (AXN)

"Paul Hollywood Eats Japan" (Ch4,UK)

"Welcome to the Railworld" (Ovation TV)

Laugh Factory Funniest Person in the World

Princess Cruise

## COLLEGE BOOKING

W2 Entertainment

800-476-0442 | Info@housofwally.com

## ALL OTHER INQUIRIES

Kilara.comedy@gmail.com

## ONLINE

<https://www.kilarasen.com/>



**@Kilaracomedy**

New Content  
Everyday!



# Lecture Options



## Apply Kintsugi to Your Life...

*Kintsugi* is the Japanese traditional art of putting broken pottery pieces back together with gold. This technique makes broken ceramics stronger, with unique and beautiful designs.

When Comedian Kilara Sen was a teenager, she entered the most elite high school with the hardest entrance exam at the time, and...eventually *dropped out*.

Kilara had spent her childhood isolated and absorbed in studying for entrance examinations. But after Kilara entered high school, her lost childhood, lack of self-esteem, and doubts about the Japanese higher education system led her to despair and burnout.

Even after entering Waseda University, Kilara struggled with long-term depression.

Meanwhile, the chance of studying abroad at an HBCU and living in the US became a turning point in her life.

After coming back to Japan, Kilara started a career as a comedian in Japanese, then changed to English stand-up comedy.

Though the Japanese industry has been very different from Western entertainment, Kilara has booked roles in international TV programs and even received praise in *The Guardian*:

“If only Kilara had been lead presenter on the whole show.”

Kilara—a survivor of toxic parenting, *hikikomori* (shut-in) life, and depression—shares experience-based tips on how to turn your pain into your gold in either theme (of course, with LAUGHTER!!): Mental Health, Women empowerment (Human rights), Diversity.

## 1. The 3-Seconds Future -Mental Health

Kilara shares simple steps that helped her overcome long-periods of depression and live healthily both mentally and physically.

## 2. Jumping to a New Environment -Diversity

Studying at Hampton University, a Historically Black College, was a turning point for Kilara.

Using her real experiences and examples of “aha moments” from her global travels and cultural exchange, Kilara offers the importance of thinking out of the box, especially when you feel stuck.

## 3. How Not to be Someone’s Waifu - Human Rights/ Women empowerment

Regardless of your gender, your values are created by your own story and experiences.

While looking back on when she was trying to play the “role” of female talent in Japan- a “good wife”, Kilara shares the importance of valuing your own story.

