

TAI CALDWELL

SPEAKER INTRODUCTION

Tai Caldwell is the CEO of Tai Connects, LLC, a Resilience Coaching organization, and the founder of the Hike 2 Connect™ experience. Tai has almost 20 years of experience as a Mental Health Advocate. Tai knows how essential it is to focus on mental health and wellness as a catalyst to living a fulfilled life. As a Resilience Coach who has her NC Certified Peer Support Specialist certification and is also trauma-informed, she uses her lived experience as a survivor of childhood trauma and training to walk alongside individuals on their wellness journey.

She's become a leading voice in mental health awareness and advocacy. If you are ready to create and maintain a new, healthier chapter of your life, you don't have to do it alone. It's time—you are worth it.



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A/V REQUIREMENTS

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Here are the following audio-visual requirements for the speaker:

- Earhook microphone is preferred
- In-ear monitors are preferred for presentations with live instrumentation
- Lapel microphones are acceptable
- Cordless microphones w/stand are acceptable
- Wireless Internet access
- Projector with HDMI connection and screen
- Sound connection for computer
- MAC & PC compatibility
- Speaker will provide computer/tablet and will have it on stage during presentation
- Speaker will provide slides and notes for uploading if available

