

TAI CALDWELL

SPEAKER | COACH + CONSULTANT | MENTAL HEALTH ADVOCATE

Tai Caldwell is the CEO of Tai Connects, LLC, a Resilience Coaching organization, and the founder of Hike 2 Connect™. 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. Tai works with clients to uncover and implement strategies that better their lives. She empowers individuals not simply to dream of a fulfilled life but to live that life daily.

Through a non-clinical, strengths-based approach, Tai works with clients to create lasting change by developing self-help, self-advocacy, and resilience skills. When meeting with clients, she creates a space that is approachable and collaborative, always based on the premise that the client is the expert of their life. She believes wisdom is innate—the best solutions come from within us.

Tai has experience working with youth, teens and adults dealing with anxiety, depression, trauma, personal conflict, and other life stressors. She provides individual and group support that integrates coping skills and soft skills that focus on communication, goal-setting, interpersonal effectiveness, creativity, and adaptability.

Today, Tai is expanding her influence by providing consulting to advocacy organizations, facilitating workshops and keynotes across the country, and creating relevant resources to support students and families. 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.

SUGGESTED QUESTIONS

- How did your faith impact your wellness journey?
- Why did you become a Resilience Coach?
- What is resilience, and why does it matter?
- Why are you so passionate about mental health awareness?
- Why is there a stigma surrounding mental health?
- What is the Hike 2 Connect™ experience?
- What are the top three tips you would give someone who's working on building healthy relationships or improving the ones they have?

