

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.