



Kaelly ARELLANO

PSYCHOTHERAPIST | SPEAKER | MENTOR
co-founder of K & B Therapy, Inc.

ABOUT SPEAKER:

Kaelly supports individuals find their balance between success and happiness while taking cultural aspects into consideration. As a proud first gen Latina Graduate and entrepreneur, she utilizes storytelling and real life experiences to connect with her audience.

Kaelly pulls from her journey in the mental health field and settings ranging from community mental health, schools, hospitals, and private practice. She creates individually tailored single day/multi day workshops/speaking engagement(s) based upon the needs of the organization/company. Kaelly seeks to create an environment where we can all feel seen and encouraged, while also offering practical skills for professional/personal development.


SIGNATURE TOPICS:

- MENTAL HEALTH WITHIN THE LATINX COMMUNITY
- FINDING THE BALANCE BETWEEN SUCCESS + HAPPINESS
- THE FIRST GEN EXPERIENCE: Que Orgullo Y Que Miedo
- PROFESSIONAL DEVELOPMENT: SHIFTING FROM A RESILIENCY MINDSET TO A THRIVING MINDSET
- PROMOTING EMPOWERMENT, BOUNDARIES AND SELF CARE WITHIN COMMUNITIES OF COLOR

INDIVIDUALIZED TOPICS AVAILABLE UPON REQUEST

TO BOOK KAEELLY, CONTACT:

 kaelly@kandbtherapy.com

 805.285.2089

 www.kandbtherapy.com

 [kaellytalkstherapy](https://www.instagram.com/kaellytalkstherapy)

AVAILABLE FOR:

- KEYNOTES
- WORKSHOPS
- PANEL DISCUSSIONS
- PODCASTS
- LECTURES
- SOCIAL MEDIA LIVE/TAKEOVERS