

Facilitator: Kailea Switzer

Residence: Charlottetown, PE

Occupations: Counselling therapist and personal development coach

Areas of Expertise: Personal development; motivation; stress reduction; mindfulness

About Kailea: Kailea Switzer aims to help people create spacious time in their lives, inviting more room for play, connection, growth, meaningful action and rest. Kailea has a B.A. in Educational Psychology and Music (Mt. Allison University), B.Ed. (St. Thomas University), and M.Ed. in Counselling from Harvard University. After living in Toronto, Boston, and Los Angeles for over a decade, Kailea now lives in PEI with her partner, Greg, and two daughters, Phoenix and Noa.



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