



**DR. KAY**  
KELLY ALVARADO-YOUNG, PH.D.

SHE/HER/ELLA



LABREGAWELLNESS

YOGA | REIKI | COACH | PODCAST

As a first-generation Puertorrican Latina, Mami, & Scholar, Dr. KAY has overcome generational trauma and domestic violence and her life experiences as a child of immigrants. Dr. KAY created a wellness space that is grounded in intersectionality. Como dice el dicho "calladita te ves mas bonita" is over! Dr. KAY educates and coaches Latinas to speak out confidently and authentically. Her work challenges Latinx limiting belief systems built in machismo, white supremacy, and colonialism. The goal is to re(write) Latina beliefs grounded in confidence, ease, and balance using yoga, meditation, and coaching.

**THOUGHT LEADER**

<b>BIPOC Centered Yoga &amp; Meditation</b>	<b>Wellness Coaching</b>	<b>Equity Research &amp; Education</b>	<b>Latina Wellness Podcast</b>
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**FEATURED**



**SPEAKING TOPICS**

- Women's Health & Preventative Care
- Mindful Confidence & Goal Planning
- Overcoming Imposter Syndrome
- Tale of a First-Year Drop-Out
- Organizational Equity Action

**STATISTICS**

<b>650</b> PODCAST LISTENERS	<b>3,500</b> AVERAGE LINKEDIN ENGAGEMENT (PER POST)	<b>3</b> ONLINE WELLNESS COURSES
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**WRITING**

- LinkedIn Chisme Chat Newsletter
- Role of Mentoring in Leadership
- Latino Students - Oxford Bibliographies