



Transformational Coach &
Expert on Shaping Thriving Futures

Ready to Level Up?
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Dr. KayLa N. Allen has a Doctor of Health Administration degree (DHA), and she is a Certified Health and Well-Being Coach (CHWC). She has a BS in Interdisciplinary Studies (science focus and psychology minor), a master's degree in Public Health (MPH), and a Post-Master's Certificate in Epidemiology. She is also an international speaker and international mentor with a mission to positively shift mindsets, encourage others to embrace their unique identities, shine a light on the power of and need for diversity and equity in healthcare and beyond, and the impact of public health and humanitarian efforts. Her verbal and visual messaging can be viewed on YouTube under her brand and business name "Dr. KayLa N. Allen".

Being a domestic violence survivor turned thriving warrior is only a part of her story. In empowering and equipping former domestic violence survivors, black and brown women, and growth-seeking leaders in healthcare and beyond, she coaches, leads, internationally motivational and powerfully speaks, and mentors utilizing her experiences, education, research, and training received from various respected organizations, associations, and entities.

Dr. KayLa shares blogs, articles, and quotes via "KayLa's Positivity Corner", empowering and thought-provoking letters via "Dear Mixed Girl" (online and personalized via handwritten mail), and vlogs on upper-level education, effective leadership, and personal development via "Becoming Dr. KayLa" and many online articles.

Dr. KayLa is a Global Goodwill Ambassador, member of ACHE, ALPFA, NOW, NALHE, APHA, and an executive member of The NSLS. She is a humanitarian in many spaces all over the world.

With years of experience as a national executive leader and through her life's journey of experiences, she uses wisdom, education, scientific and academic research, and evidence-based practices to help evolving leaders become effective and sustainable in practice and through personal empowerment.