



Kelsee  
Keitel

MS ED, LMHC, NCC

Eco-Therapist, Educator, and  
Clinical Business Coach



## SIGNATURE TOPICS

- ✓ Integrative Mental Health Care
- ✓ Overcoming Fear of Failure
- ✓ Navigating Grief, Change, Deconstruction, and Trauma
- ✓ Communication and Boundaries
- ✓ People-Pleasing + Authenticity
- ✓ Self-Worth + Achievement
- ✓ Career Sustainability for Clinical Entrepreneurs

Kelsee is an award-winning licensed therapist, and highly sought after business coach, with 5+ years of experience in mental health care.

Kelsee helps people-pleasers and high-achievers gain deeper insight about who they are and what they actually value. **Her gift is making mental health practical and deep topics approachable.**

Kelsee is also an adjunct instructor, podcast host, and community program developer. When not working, you'll find her playing outside, watching comedy, or training for her next athletic adventure in the outdoors.

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CAT-MOM

ADVENTURE ATHLETE AND TRIATHLETE

## ASK KELSEE ABOUT:

- Solo backpacking and car-dwelling out west
- Growing up low-SES, and overcoming a fear of finance
- Life with a chronically ill parent; cancer; death of a parent as a young adult
- Married + Divorced to HS Boyfriend by Age 25 (the quarter-life-comeback)
- Deconstruction and Excommunication from a Major Religion
- Quitting her “stable job” and starting business from ground zero.
- Learning to swim as an adult in order to become a triathlete.



I look forward to collaborating with you!



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[www.hemlockcoachingservices.com](http://www.hemlockcoachingservices.com)



[@kelseekeitel](https://www.instagram.com/kelseekeitel)

Kelsee is a relatable storyteller, with a history of using grit and curiosity to overcome a colorful range of adverse experiences.

Your stakeholders will feel equally seen, challenged, and inspired, through Kelsee’s heartfelt and down-to-earth approach to educational storytelling.

Expect to laugh out loud, feel deeply, and think critically, as you engage with Kelsee as your:

- podcast guest
- keynote speaker
- guest lecturer
- article expert

*lets connect!*