



# Kerri Gaskin

*"Sometimes a hot cup of coffee is the best way to start a conversation"  
- Kerri Gaskin, The Coffee and Conversation Counsellor*

**Award-winning entrepreneur, therapist, and volunteer**  
**More than 20 years of speaking and facilitation experience**  
**Known for bringing energy and contagious positivity to her events and presentations**

Kerri's top presentations and most requested workshops include

**The 4<sup>th</sup> Trimester** – My Journey in Postpartum Mood Disorders

**Run Faster, Mama!** – Parenting Intentionally in a Culture of Busyness

**Too Much and Not Enough** – Life as a Highly Sensitive Person.

**But What if They Find Out?** – Challenging the Monster that is Imposter Syndrome

**Self-Care Is More than a Clever Hashtag** - Recharging and Refueling for Health and Wellness.

**Workplace Wellness and Resilience** - Enhancing balance & reduce the risk of burnout

**Love the Skin You're In** - A Story of Healing and Self Love

**Understanding Anxiety** – The challenges & opportunities, common fears , practical tools & strategies

**Soul-Care for the Practice of Intentional Rest** - Embracing rest & learning to be present from a place of overflow & abundance

*Ask about Unbridled Healing™ programs following the EAGALA Model of Equine Assisted Psychotherapy*



## More About Kerri

**The "Coffee and Conversation Counsellor,"** Kerri holds a Master of Arts in Counselling Psychology with specialized training in Equine Assisted Psychotherapy, Compassion Fatigue, Vicarious Trauma, Posttraumatic Growth, Child Trauma & Brain Development, Cognitive Neuroscience, Experiential Education (including the "Challenge by Choice" model), and Behavioural Medicine.

In the past, Kerri has worked with the Canadian Mental Health Association, Minister of State for Youth and Literacy, the American Camping Association, Boys and Girls Clubs Canada, Boy Scouts of America, New Brunswick Public Library Service, Transport Canada, Running Room Canada, the Department of Post-Secondary Education Training and Labour, YMCA Camps, and many private sector organizations.

Kerri works in private practice as a Canadian Certified Counsellor, Licensed Counselling Therapist (C), and EAGALA Certified Mental Health Practitioner offering support to various individuals and groups as well as professionals in caring fields as they work through the occupational hazards of compassion fatigue, vicarious trauma, and burnout.

She offers programs and counselling in-office, off-site, or at her farm, *Storm's Run*



## Various facilitation and keynote options available



### What Are People Saying?

Kerri truly embodies the spirit of team building through her relaxed, down to earth approach. More friend than facilitator, she possesses the ability to draw out of people the openness and trust necessary for these types of sessions to go well. - Dale F.

Captivating,  
inspiring...the  
real deal! - KC

Warm,  
intelligent &  
caring, she  
puts her  
audience at  
ease - Lisa M.

*"...she always comes prepared specifically for the group she is dealing with, this tailormade approach is another reason for her success. In an industry oversaturated with buzz words and manuals, Kerri gets to the "meat and potatoes" right away, making the participant feel accepted and safe, allowing them to reap the most from their time with her.... articulate, driven and objective and a pleasure to be around. These four elements are blended to perfection, making her sessions highly beneficial to those involved. - DFM*

*I have been a part of many team building/leadership exercises and I can say, without a doubt, that I learned and experienced more with Kerri...excellent communication skills, patience, and creativity. When you leave one of her workshops, not only will you walk away having learned more, you are more enriched as an individual...no matter who you are, she treats you with respect. No matter how small your role - you are important. - Melissa D.*

Passionate  
Authentic

Honest  
Funny

Engaging  
Compassionate

### Contact info



kerri@coverdalecounselling.ca



www.coverdalecounselling.ca



www.linkedin.com/in/kerrigaskin/



@coverdalecc



www.facebook.com/coverdalecounselling/



coveralecounselling



(506) 830-6698

