

Caitlin Hayden

About Me

Born and raised in Colorado
Former University of Wyoming Cheerleader
Bachelor's Degree – Psychology
Master's Degree – Addictions Counseling
Married, mama of two



What's Important to Me

- ◆ Faith
- ◆ Family
- ◆ Helping others realize their potential
- ◆ My family is my entire world. Whether we are fishing, hiking, or building forts in our living room with the kids, we live life to the fullest and have fun just loving one another!
- ◆ My goal is to go to bed each night and know I made at least one person smile or feel special.
- ◆ Strong relationships that form lifelong connections
- ◆ Making someone feel strong, successful, and heard
- ◆ Being efficient—doing things rights the first time
- ◆ Making the best decision
- ◆ Being futuristic—innovative

What People Like and Admire About Me

Compassion
Honesty
Hard Work
Dedication
Integrity
Strong Advocate
Follow Through—see things through to the end!

How to Support Me

- ◆ Be patient, kind, honest, and understanding
- ◆ Remain positive
- ◆ Be respectful by understanding everyone was made differently and different ideas/thoughts make for beautiful results!
- ◆ Have open communication
 - * Email is my preferred form of communication but I am also available via phone, face to face, and text messaging
- ◆ If I am having a bad day— I LOVE pink Starburst and a good conversation
- ◆ When I feel “stuck” I like a fresh cup of coffee and encouragement from those who I feel a connection with
- ◆ I am a perfectionist so sometimes I procrastinate—so please be patient with me but don't ever be afraid to bring any concerns to my attention .



Contact Me:

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