

## About Kayla Allen

### **Position**

Trinity North - District Chair

### **Education:**

BAYLOR UNIVERSITY – Waco, Texas, Graduated December 2024, Doctor of Occupational Therapy, Certificate in Hybrid Teaching for the OTP, Honor: Summa Cum Laude. TEXAS

WOMAN'S UNIVERSITY – Denton, Texas, Graduated December 2016, Master of Occupational Therapy, Honor: Cum Laude. UNIVERSITY OF ARKANSAS AT LITTLE ROCK – Little Rock, Arkansas, Graduated December 2012, Bachelor of Science in Health Sciences in Health Education and Promotion, Bachelor of Arts in Spanish, Honor: Cum Laude.

UNIVERSITY OF ARKANSAS AT PULASKI TECHNICAL COLLEGE – North Little Rock, Arkansas, Graduated May 2009, Associate of Science, Honor: Magna Cum Laude.

### **Current Employment:**

LEGACY HEALTHCARE SERVICES - Denton, Texas, March 2023 – Present, Director of Rehabilitation, Supervised and evaluated occupational therapy students during fieldwork, providing feedback, planning experiences, and ensuring competent and ethical practice. Built strong collaborative relationships with staff, patients, and families through effective communication and rapport-building. Surpassed efficiency by benchmarks at 76% and exceeded net and gross revenue goals within the first year. Managed patient caseloads, developed clinical programs, trained staff, and consistently met productivity and budget standards. Proficient in Net Health COM, POC, CliniFax, and Ring Central systems to complete documentation, ensure compliance, and maintain quality care. A STEP CLOSER - Denton, Texas, January 2023 – Present, Lifestyle and Performance Coach, Empowered clients to clarify goals, break limiting beliefs, and implement sustainable habits for peak personal and professional performance. Designed customized coaching programs integrating mindset, wellness, productivity, and lifestyle strategies to support lasting transformation. Facilitated 1:1 and group coaching sessions using evidence-based tools to enhance focus, resilience, and accountability. Tracked progress through measurable outcomes, providing consistent feedback, motivation, and course correction as needed. Guided clients in optimizing routines, reducing stress, and aligning daily habits with long-term goals. A STEP CLOSER - Denton, Texas, January 2020 – Present, NBCOT Exam Preparation Instructor, Established A STEP CLOSER to empower individuals through leadership, life, and career coaching, equipping them with the tools to succeed in board exams, clinical practice, and personal growth. Successfully coached numerous occupational therapy students to pass the NBCOT board exam by tailoring study strategies

to individual learning styles, clinical strengths, and areas of improvement. Designed creative, faith-integrated test preparation sessions that combined evidence-based techniques with mindset coaching, helping students overcome anxiety and build test-taking confidence. Utilized interactive tools such as case-based scenarios, timed practice exams, and memory-anchoring techniques to reinforce critical concepts and enhance clinical reasoning. Provided ongoing mentorship and accountability, encouraging students through personalized check-ins, motivational goal-setting, and spiritual encouragement rooted in purpose and perseverance.

**TOTA Involvement:**

Conference Attendee - Over two years, Conference Volunteer - November 2024

**Position Statement:**

As a doctoral-trained occupational therapist, educator, and leadership mentor, I bring a proven record of advancing the profession through innovative programming, statewide advocacy, and student success. From developing professional education for underrepresented communities to coaching 40+ students to NBCOT success, I lead with purpose and collaboration. As Trinity North District Chair, I will elevate engagement, drive strategic initiatives, and represent our region with excellence, vision, and integrity.

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