



## Allaire McDougall

A former respiratory therapist, Allaire is now a proud advocate for holistic change and wellbeing, displaying her compassion and leadership qualities in her daily work.



## Allaire McDougall

Co-Founder

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**Meet Allaire McDougall, a trailblazing entrepreneur from the bustling hub of Los Angeles, California. Initially carving a path in respiratory therapy, she has diversified her professional landscape to champion holistic wellness and self-empowerment. Her variegated career trajectory spans medical care to the entrepreneurial realm, primarily focusing on empowering individuals as they transition back to community life from mental health institutions.**

In her present role, she is a multitasker par excellence. Beyond her digital marketing prowess, she also owns a thriving business that creates high-quality handmade items. Her most cherished endeavor is as Co-Founder of The Mental Health and Better Days Foundation. Through this nonprofit, she's crafted an extensive online support network that offers valuable resources and unfailing emotional backing to those navigating the complexities of mental health.

Her duality in medical and business interests hasn't been a hindrance but a boon, giving her an unparalleled versatility. She enrolled in a video editing course while at a mental health facility. This seemingly tangential skill evolved into a four-year job opportunity and introduced a layer of creative finesse to her multifaceted career. Her penchant for exploration and adaptability that sets her apart and enables her to evolve continually.

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WORK EXPERIENCE

**Mental Health Foundation**

Co-Founder

Los Angeles, California, United States

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**Better Days Foundation**

Co-Founder

Los Angeles, California, United States