

5 PEAKS YOUTH SOLUTIONS

CERTIFIED WELLNESS COACH

Emma Sanchez

Hello! My name is Emma Sanchez and I am super excited to be working at your school this semester as a Certified Wellness Coach. I'm 23 years old and live in Red Bluff with my boyfriend, our two dogs, and a cat. I grew up nearly my entire life in Tehama County and very early on developed a passion and drive to give back to the community. I attended Shasta College where I studied Sociology and Psychology before transferring to Chico State, earning my Bachelor's in Sociology. After working in several different positions, I've found myself extremely lucky to have started working for 5 Peaks Youth Solutions in 2024. I consider myself a rather crafty/creative person and love fostering the courage in students to express themselves as well. I strive to teach students that they can be successful without conforming to a mold that may not fit them. I'm energetic and thrive off positivity and supporting others so they can remain positive too.

