

5 PEAKS YOUTH SOLUTIONS

CERTIFIED WELLNESS COACH

Payton Birch

My name is Payton Birch, a Certified Wellness Coach here in Northern California. I am originally from Siskiyou County, but recently moved to Redding to pursue a career in mental health and wellness. I have many years of experience working with youth in all areas, and love seeing students come alive within themselves. I couldn't be more excited to get the ball rolling and get to know your students, specifically! One interesting fact about me is that I have a deep love for the outdoors and recreation— especially mountain biking, skiing, backpacking, and whitewater sports.

I couldn't be more excited to get started in your school, helping students reach their full potential as successful human beings!

