



Kaiaira Boyechko is a second-year student at Evolve College of Massage Therapy. Since starting the program, she fell in love with it and knew it was the right path for her. When asked why she decided to take this step and pursue a career in massage therapy there were a few reasons that guided this decision.

Being a person who has been very active in sports, injuries and sore muscles ultimately affected her performance, as well as her everyday function. This led Kai to massage therapy which she relied on to help heal and make her body feel great. It allowed her to continue doing the activities she loved while being pain-free.

When exploring the massage therapy program at Evolve, Kai thought back to those experiences with massage therapy. She knew she wanted to be a person to give back and be able to help others. Kai chose to pursue a career in massage therapy and use her experience and new-found skills to help people be happy and healthy in a way that meets their individual health goals.

“As I enter my second year of school, I am excited to be able to use the techniques and knowledge of the human body that I have acquired so far while achieving a deeper comprehension of what our bodies can do” explains Kai. “The amazing thing about this field is the different areas of focus that can be explored. I plan to use this next year to really learn more about these options to find an area that best fits me and my style of work.”

As a massage therapist, Kai plans to make time to stay current with emerging research to be able to provide evidence-informed care in her practice. It is important to her to have the best information at hand to provide to her clients. “I want clients to be treated the same way I would expect to be treated if I were going for a massage. This includes making sure they feel heard, understood, and leave their treatment feeling positive about their experience with me.”

Kai has a professional development plan which will allow her to complete additional certifications, expand her skills, and stay well informed on current massage therapy treatment techniques.

Self-reflection and client feedback are important to Kai. She understands how this will help her grow as a professional.

Kai is excited to enter her second year of the program and looks forward to graduating in June of 2025.

On behalf of the MTAM Board of Directors, congratulations Kaiaira!