Mai Al-Kaila was born in Jerusalem in 1955. After high school, Dr. Al-Kaila joined the Augusta Victoria Hospital School of Nursing in Jerusalem where she completed her nursing degree and worked as a registered nurse for a year.

Dr. Al-Kaila ambition was to become a physician. She was accepted at the university of Granada medical school graduating as a medical doctor. Upon her return to Palestine, Dr. Mai Al-Kaila worked as a physician in several hospitals and specialized as an Obstetrician and Gynecologist. Following that, Dr. Al-Kaila completed her master's degree in Maternal and Child Health from the University of California, Berkeley. After returning to her hometown of Birzeit, Dr. Mai Al-Kaila worked in the United Nations Relief and Work Agency (UNRWA) as the Director of Mother and Child Care program for 15 years. At that time, Dr Al-Kaila was a part time professor at the school of public health at Alquds university.

Dr. Al-Kaila was selected by the Palestinian Ministry of Foreign Affairs as the first female residing in the West Bank to become an ambassador. She served as the Ambassador of Palestine in Chile for eight years. She also served as the ambassador of Palestine in Italy and San Marino for five years. During that time, She also, represented Palestine at the United Nations agencies (FAO, WFP, IFAD) in Italy. During her tenure as an ambassador, she completed her PhD program in Public Health from the University of Chile. Between 2019 and 2024, Dr. Al-Kaila was appointed as the Palestinian Minister of Health during the most challenging and unprecedented "COVID" era, where she was globally recognized by The World Health Organization (WHO) for taking early precautionary measures to prevent the spreading of the virus. She completed her term of duty during the worst atrocities and attacks on Gaza.

Being an elected member of the Palestinian National Council she was recently appointed as the Palestinian Representative at the Arab Parliament. Dr. Al-Kaila has dedicated most of her life serving Palestine and the Palestinian people honorably.