

Introduction

Carol A. Kivler, MS, CSP

Carol is president of Kivler Communications, a corporate training and international executive coaching firm. Since 1994, Carol has served over 100 companies around the country and has coached over 600 executives worldwide. In July 2014 Carol proudly founded Courageous Recovery, Inc. a 501(c) 3 non-profit organization, whose mission is to advance education, advocacy and stigma elimination around mental health disorders. Carol was a member of the NAMI-Mercer Board for ten years and an In Our Own Voice (IOOV) presenter. Carol has received many awards including the Garden State Seed of Hope Award from New Jersey Monthly Magazine for her tireless efforts educating and advocating in the mental health field. Carol is a member of the American Psychiatric Nurses (APNA) Association Advisory Board as well the International Society of ECT and Neurostimulation (ISEN), Nursing Committee.

Carol is the author of three award-winning, best-selling books, *Will I Ever Be the Same Again? Transforming the Face of ECT (Shock Therapy)*, *The ABCs of Recovery from Mental Illness* and *Mental Health Recovery Boosters*. Presently, Carol is in the process of writing her next book, *Unwrapping the Gifts of Depression*.

Carol received her bachelor's degree in business education from The College of New Jersey and her master's degree in human resource education from Fordham University. Carol has also received the Certified Speaking Professional designation from the National Speakers Association.

Carol is the proud Mother of three and loving Grammy of seven—6 grandsons and 1 princess granddaughter. Carol resides in Lawrenceville, New Jersey.

Let's give a warm welcome to Carol Kivler!