

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 900 executives worldwide. Carol shares her lived experience and advocates for those suffering from depression and mental illness. She has been in sustained recovery for the past 18 years. Carol was a member of the NAMI-Mercer Board for ten years.

Carol is the recipient of many awards for her mental health advocacy and philanthropy. Most recently she received the College of New Jersey Alumni Leadership Humanitarian Award and the inaugural Mary Rosedale Patient Advocacy Award from the National Society for ECT & Neurostimulation (ISEN). She is also a member of the American Psychiatric Nurses Association Advisory Board as well as the ISEN Patient Advisory Committee and their Nursing Sub-Committee.

Carol is the author of four books, *Blessings My Journal of Gratitude*, *Will I Ever Be the Same Again? Transforming the Face of Depression & Anxiety*, *The ABCs of Mental Wellness* and *Mental Health Recovery Boosters*.

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 in New York.

Carol is the proud Mother of three and loving Grammy of seven—6 grandsons and 1 granddaughter.

Let's give a warm welcome to Carol Kivler!