

Carol A. Kivler is a nationally recognized professional speaker (CSP), author, international executive coach/corporate trainer (CMT), owner of Kivler Communications with an MS in Human Resource Education. She is also a passionate mental health speaker, advocate and educator. Carol has successfully overcome 4 major bouts of treatment resistant depression and has been in sustained recovery for 18 years. Carol works tirelessly to overcome the pervasive stigmas and misrepresentations that surround mental illness diagnoses. She shares her lived experience and strategies for maintaining mental wellness. Carol has served on Boards and has received numerous awards and honors for her philanthropy and advocacy.