

Kelly Mesler

Chair

Kelly's diverse professional background naturally paved the way for her career in leadership, business, and wellness. She blends over a decade of experience in various industries and businesses with her educational experience rooted in psychology. Kelly's career is dedicated to empowering individuals with evidence based skills to optimize performance and overall well-being.

After completing her degree in Psychological Science and a Certificate in Civic Engagement, Kelly embarked on her professional journey at Maximize Your Talent (MYT), a boutique coaching and consulting firm based in NYC. Currently serving as MYT's Director of Operations, Kelly collaborates with a team of skilled professionals to deliver meaningful solutions to their clients. MYT's coaching programs focus on enhancing emotional intelligence and leadership development, while the consulting division specializes in organizational infrastructure and diverse talent solutions.

Beyond her role at MYT, Kelly is deeply committed to the nonprofit she co-founded, Generation Wise, an organization dedicated to imparting wisdom-based wellness and life skills to students through an integrative educational curriculum. She also contributes to her community as a board member of the Castleton Alumni Association and the Upper Valley Young Professionals.

Kelly is committed to making a positive impact through her work and philanthropic endeavors, striving to help individuals achieve their full potential. She is based in Woodstock, Vermont year-round, traveling often for work and pleasure. Outside of professional endeavors, she enjoys spending quality time with her dog, loved ones and participating in outdoor activities throughout all seasons. She especially enjoys pilates, gardening, hiking, tennis, and golfing.

See Kelly's profile on [LinkedIn](#).