

**Caryn Mefford** – Director

Caryn is a Senior Account Manager at FindLaw-A Thomson Reuters Business. Optimism, mindfulness, and leadership are key tenets to her approach to life. Caryn has over 20 years of non-profit board experience and a career marked by innovating solutions which focus on keeping the customer experience at the forefront of all strategic innovation. Caryn's innate curiosity and desire to help others craft solutions informs her developing side business as a Life Coach. Caryn joined the board to lend enthusiasm and energy to assist the organization's mission. These are values she learned early in life from her father who has Parkinson disease. Caryn also enjoys exercise, travel and spending as much time as possible with her family.