

INSPIRATION/MENTOR

Carolyn Schneider

Capella Healthcare

Carolyn Schneider is vice president of human resources for Capella Healthcare, juggling all aspects of the hospital company's recruitment, retainment and engagement of its 7,000 employees in 14 locations.



She has more than 25 years experience in health care human resources, including the past three years at Capella in Franklin. She's led the talent management teams at startup organizations to large, publicly traded firms. Her professional endeavors have included creating the first MBA internship program with WebMD and Vanderbilt University's Owen Graduate School of Management and successfully negotiating with the Mexican Labor Union during the closing of a manufacturing plant in Ciudad Juarez.

Schneider also is involved in the Nashville Children's Theatre and Nashville Ballet. And she's an athlete, taking up distance running at 30 years old, tennis at 40 and ballroom dancing at 50.

"I continue to do all three and will be spending the next several years trying to determine what new hobby I will take up at 60,"

she said. "... Our natural instincts as women is to take care of others. ... We must diligently work to make time to tend to our physical, spiritual and financial health."

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