

Kelsey Christine Biehler

Teamhealth, Practice Manager

AGE:

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WHERE WERE YOU BORN?

AUSTIN, TX

HOW LONG HAVE YOU LIVED IN CHARLOTTE AREA?

4 years; I moved here from Texas thinking I would just stay the year but here I am. Charlotte and North Carolina have charmed me!

TELL US A LITTLE BIT MORE ABOUT YOU?

Born & raised in Texas, I started pursuing healthcare administration in undergrad. I moved to D.C after attending Texas A&M University to work on the hill. Shortly after my time there I went back to get my master's in health administration from Texas A&M School of Public Health. After graduation, I began my fellowship at Atrium Health as their administrative fellow, which is what brought me to Charlotte. I feel extremely fortunate to have found a career and industry I'm passionate about. I couldn't see myself serving professionally in any other way.

My immediate family lives in Austin still but I've been fortunate enough to build a community in Charlotte.

Through the church, my gym, and other clubs I've made great friends that feel like family. Charlotte has been very welcoming and I am very grateful for that.

IN YOUR OPINION, HOW DO YOU CONTRIBUTE TO THE COMMUNITY? PLEASE BE AS DETAILED AS YOU CAN.

Connecting with others and meeting new people is what recharges me. Hearing people's stories and connecting with someone new has always been worthwhile. It wasn't until I went on a mission trip to Haiti that I realized how rewarding it could be. Everyone is looking for community, to connect with others, to feel heard, appreciated, and seen.

I didn't realize how impactful this could be until I started grad school and I was the only one in my class willing to go up to the executives at our networking events. I've been fortunate to meet some pretty incredible people just by initiating a smile and a hello. Through the different organizations I'm a part of in Charlotte I try to do the same. Whether it's greeting someone who is new to a meeting, or it's connecting someone I just met to an old friend, or listening to alumni from Texas A&M tell a story from the good ole days.

I believe that community is formed and thrives when people feel connected and know that others around them care. Once others feel a part of the space they live and work it's easier to get involved and make a difference.

DURING YOUR TIME VOLUNTEERING FOR A COMMUNITY ACTIVITY OR PROJECT, WHAT IS YOUR MOST MEMORABLE MOMENT?

My favorite memories giving of my time in Charlotte has been through the homeless ministry in uptown. It's a time to get out of my comfort zone, walk up to others and meet them wherever they are. Handing out food and toiletries or offering encouragement and praying together.

PLEASE LET US KNOW ANY AWARDS OR RECOGNITIONS YOU'VE RECEIVED IN YOUR PROFESSIONAL CAREER:

Rookie of the Year, 2022 through team health during my first 4 months working at the company.
Being selected as Atrium Health's only Administrative fellow for 2018. (Usually over 200+ applicants)
Induction into Upsilon Phi Delta Honor Society during my graduate degree at Texas A&M.

WHAT ARE YOUR HOBBIES OR INTEREST?

Outside of work I enjoy working out, the community at my gym (shout out Grithaus) makes it really easy to come in and push myself. I also love the sunshine; being at the lake, pool, or beach. Growing up in Texas if you are outside in the summer it's going to need to be near a body of water. I also enjoy watching Texas A&M Football!! Trying out new rooftop bars, golfing, hockey games, and traveling to new cities.

I'm also involved in my young adult group at Saint Gabes, Vice President of the Charlotte Texas A&M Former Students as well as a board member of the Charlotte Mecklenburg Young Republicans.

WHAT IS YOUR FAVORITE QUOTE THAT YOU STAND BY?

Character is how you treat those who can do nothing for you.

WHERE DO YOU SEE YOURSELF IN 5 YEARS? 10 YEARS?

In five years I see myself as a working mom, traveling to support hospitals as an executive as well as working from home getting to see my family and raise them in charlotte. Ideally, I'll have time to get more involved at my church and stay connected in the community. I hope to own a house in charlotte, and if I'm lucky, a new puppy!

CAN YOU SHARE ONE THING THAT IS ON YOUR BUCKET LIST?

See New York at Christmas time!

WHEN WAS THE LAST TIME YOU USED YOUR PASSPORT?

Spring of 2018, traveling to France with my parents on a river boat cruise for my graduation present.

WHAT IS A FUN FACT ABOUT YOURSELF THAT NO ONE KNOWS?

I once rowed a marathon (42,195 meters.) I lost one week in my fantasy football league (yes, each week we had a punishment) and I watched A Knight's Tale while all of my friends came to watch and eat their dinner. It took me several hours to complete. One of the most physically and mentally challenging things I've ever done!

WHO IS YOUR HERO?

There are several healthcare leaders I've been lucky enough to meet and be mentored by since my career has begun. People with ample experience and accolades who took the time to let me learn from them. All of whom I still trust to go to for advice or encouragement. It's important to have leaders who care and will take the time to teach others. I've been fortunate enough to meet several amazing leaders who never hesitated to make time on their calendars for me.

I hope that one day I can be in a position to share my experiences with others, making the time to help those who have been in the same position I have.

WHAT WAS THE LAST BOOK YOU READ?

Atomic Habits, James Clear

WHAT WAS THE LAST MOVIE YOU SAW?

Remember the Titans (just re-watching don't worry!)

WHAT WAS THE LAST CONCERT YOU SAW?

Garth Brooks, Boa Stadiums

HOW DID THE COVID PANDEMIC AFFECT YOUR PERSONAL OR PROFESSIONAL LIFE?

Working in healthcare I was impacted immediately. At the time I was running 2 departments for Levine Children's both their Pediatric Endocrinology and Pediatric Sleep Medicine teams. We had to pivot how we scheduled appointments, served our patients and how we kept our office safe. We had to cancel weeks' worth of appointments and then learn how to reschedule and complete virtual appointments. It was also imperative to figure out how to safely get others into the office that needed to see my physicians face to face.

It was a hectic time. Extremely stressful for our patients and my team who had to help manage our patients inside and outside the hospital, while trying to stay safe themselves so they can continue to work.

It was neat to be able to step up during a time of need; while it felt like everyone was being asked to work from home, I began to work in the office more than I ever had. I'm immensely proud of my nurses, physicians, and front-line staff as well as the organization that made everything happen for our patients.

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