

Maddy Kacmarcik Named 2025 Influential Woman: Leading the Way in Mental Health and Workplace Wellness

GRAFTON, WI, UNITED STATES, September 25, 2025 /EINPresswire.com/ -- Influential Women is proud to announce Maddy Kacmarcik as one of its distinguished honorees for 2025. Maddy is a Well-Being Consultant, Organizational Well-Being Advisor at Kacmarcik Enterprises, and a graduate student in neuroscience and psychology who works to help employers reimagine workplace wellness and empowers individuals to have the tools and knowledge to live well. Blending academic research with more than a decade of personal growth and holistic well-being experience, she is reshaping how organizations, particularly in demanding environments, approach concepts like emotional resilience, psychological safety, and holistic well-being.



Currently pursuing a Master of Science in the Psychology and Neuroscience of Mental Health at King's College London, Maddy integrates evidence-based insights with hands-on strategy to improve both individual well-being and organizational performance. At Kacmarcik Enterprises, she develops and evaluates wellness initiatives designed to transform high-pressure industrial spaces into environments where employees feel supported and engaged. Her work demonstrates that prioritizing well-being is not only a moral imperative but also a catalyst for long-term business success.

Maddy's journey into the intersection of neuroscience, business, and wellness began when her personal interests collided with her work at the Kacmarcik Center for Human Performance over three years ago. She created and launched a pilot employee well-being program that has since multiplied, emphasizing total well-being. Drawing from cutting-edge research, including studies from Harvard's Human Flourishing Program and Gallup, she has consistently emphasized

measurable impact, ensuring that wellness initiatives lead to tangible, positive change. In 2025, she created an Employee Well-being Survey, which was launched for the first time within Kacmarcik Enterprises, and was taken by over 300 employees. In addition, she lends her expertise to a start-up focused on enhancing performance through visualization and mindset shifts, further extending her reach in the field of applied neuroscience.

When reflecting on this journey as a young professional, Maddy credits her success to a resilient and determined mindset, instilled by her childhood experiences, the support from loved ones, and the knowledge she has gained from working with other professionals. These influences encouraged her to dream big and pursue her goals with both intention and intuition. Her passion lies in empowering others to create lives they find deeply fulfilling—offering inspiration, support, and education to those she serves.

The best career advice Maddy has ever received is to never be the smartest person in the room. She has embraced this wisdom throughout her career, using it as a reminder to stay humble, seek knowledge, and surround herself with people who challenge and inspire her.

To young women entering her industry, Maddy offers guidance rooted in self-trust: listen to your inner voice and do not be afraid to speak up when something doesn't feel right. She believes that intuition, paired with courage, is essential to building confidence and creating meaningful change.

Maddy also recognizes the unique challenges her field presents, particularly in aligning well-being with the structure and culture of manufacturing environments. While this juxtaposition can be difficult, she views it as an opportunity for innovation—proving that even in high-demand industries, holistic wellness can be both integrated and impactful.

Beyond her organizational role, Maddy has extended her advocacy through @MindfullyMads_, a platform dedicated to connecting with and inspiring others on their mental health, wellness, or life journey. Her efforts reflect a broader mission: to cultivate more connected and compassionate communities both in and outside the workplace.

At the heart of her life and work, Maddy values intentional quality time, authenticity, and vulnerability. By embracing both the highs and lows of her journey and showing up as her true self, she builds genuine connections that inspire others to do the same. For Maddy Kacmarcik, success is far from professional achievements—it is about lifting others up and creating sparks of inspiration for others to feel more seen, understood, capable, and hopeful.

Learn More about Maddy Kacmarcik:

Through her Influential Women profile, <https://influentialwomen.com/connect/maddy-kacmarcik>

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