

Courtnie Breland

Courtnie Breland is a strategic and highly trusted executive leader serving as the Senior Director of Executive Support and Executive Assistant to the CEO at the First Coast YMCA. In this role, she leads executive operations at the highest level, ensuring alignment across senior leadership, board governance, and organizational priorities while supporting complex decision-making and key strategic initiatives.

With a strong background in executive administration and organizational leadership, Courtnie oversees a team of executive support professionals and plays a critical role in driving efficiency, communication, and accountability across the organization. Known for her ability to bring structure to complexity, she excels at anticipating needs, managing high-level relationships, and navigating fast-paced, dynamic environments with professionalism and precision.

Courtnie's professional foundation is rooted in her early passion for sports medicine, supported by her academic background in athletic training. This experience shaped her perspective as a dedicated athlete advocate, giving her a deep understanding of the physical and mental demands required to pursue excellence. She carries that same mindset into her leadership today—championing growth, resilience, and high performance in both individuals and organizations.

She is deeply committed to creating systems that allow people to thrive. Her strength lies in building processes that foster clarity, consistency, and sustainable success—not only in the workplace but also in everyday life. Courtnie brings a thoughtful, solutions-oriented approach to her work, balancing structure with adaptability while maintaining a high standard of excellence.

Beyond her professional leadership, Courtnie is passionate about equipping others—particularly youth and mothers—with practical tools for preparation, accountability, and organization. She is intentional about stretching mindsets,

encouraging confidence, and helping others expand what they believe is possible, while supporting mothers as they balance leadership, family, and personal goals.

At her core, Courtnie is dependable, level-headed, and compassionate—a natural “glue” leader who brings people, priorities, and plans together. She leads with both analytical insight and emotional intelligence, consistently demonstrating courage, kindness, and a deep commitment to mission-driven impact that strengthens both individuals and communities.