Sometimes the most useful lessons we learn at college happen outside the classroom. Some of Camille Ford’s greatest learning experiences came as a member of the women’s volleyball team at Regis.

The first lesson was the value of teamwork. “It takes a team to win a game,” says Ford, “and the same is true for success in business.” Ford knows from experience. For eleven years, as a partner with King, Chapman and Broussard, Inc., in Houston, Texas, she has worked as a consultant to help many Fortune 500 clients implement large and complex processes and projects that improve business performance. She often teaches clients how to develop their leadership capabilities working on team projects in order to deliver bottom line results.

Another applicable life lesson from her time at Regis came when she sustained a career-ending injury and transitioned into a role as team manager. “That injury put things into perspective for me. I learned that nothing is a given. You have to learn and adapt quickly and move on.” This piece of wisdom comes in handy when Ford works with companies in transition. When a major merger happens, for example, Ford is brought in to train employees on how they can participate in the integration and contribute to a new business strategy.

Besides volleyball, Ford grew by being involved on campus. She made calls for the telefund, volunteered at service events and even worked in the bookstore. Today, she remains an active member of her community, serving on the board for the Women’s Energy Network, as program manager. She also is involved with her alma mater, having served on Regis University’s Alumni Board and the Leadership Council. This year, she is helping plan her twenty-fifth reunion.

“Regis took care of me. Now, it's my turn,” says Ford; fitting words from a true team player.