Mental Fitness IQ Inc.
Board of Director Bios
2026

Alec Moore (Founder, Director)
Deep experience in all things back office, including serving as CFO of several organizations. Specialist in technology companies, including startups. Avid sportsman. Passionate about family and making an impact on mental health.

Carm Cirella (Founder, Director)

Career in IT industry, focused on designing and implementing technology platforms. Strong cross-industry vertical experience. Specialist in small and medium sized businesses, including startups. Ex- professional athlete with an ongoing passion for sports. Focused on family and driving to make an impact on mental health.

John Moore (Founder, Director)

Experienced executive, leading large business units for major consulting companies. Specialist in organizational transformation enabled by technology. Passionate about family, sports and mental health.

Howard Glase (Independent Director)

Experienced executive with a demonstrated history of building high performance teams working in the Bio-pharmaceutical industry. Skilled in General Management, Market Research, Healthcare Strategy, Business Development, and Reimbursement Strategies. Howard has an in depth understanding of the healthcare ecosystem from the patient to academic clinician POV.

Craig Hayman (Independent Director)

Extensive enterprise wide experience developing strategy, leading and coaching to drive results. Capital Markets Regulation and Capital Formation Board experience. Craig has started, bought and sold a number of small businesses. Passionate about sports and coaching and developing people achieve what they are capable of.