



SARAH TRELA
SEFCU

Sarah Trela is the Director of Financial Well-Being at SEFCU, providing leadership and strategic direction to the SEFCU Institute for Financial Well-Being. This philanthropic initiative is a far-reaching and impactful service, providing needed financial education to individuals throughout New York State and beyond.

Sarah is a strong believer in the benefits of financial education from an early age. She has played an integral role in the SEFCU Institute, providing education to over 22,000 individuals since its establishment. Sarah began her career at SEFCU in 2010. She has worked in the financial services industry in varying roles for nearly 15 years. Prior to her career in financial wellness, Sarah worked in communications, retail banking and training and development.

Sarah is a life-long resident of the Capital Region. She briefly attended Marymount Manhattan College and graduated from Russell Sage College with a BA in Communications. Sarah completed her MBA studies at the University at Albany, State University of New York. Currently, Sarah serves as a board member of the Food Pantries for the Capital District. She resides in Latham with her two dogs, Maxwell and Oscar.