

Lou Kelley Bio



Louis “Lou” Kelley, owner of THE HONING STONE, LLC. At THE HONING STONE, we help individuals and organizations sharpen their leadership edge. Lou is a leadership coach and he specializes in helping small to mid-sized businesses develop leaders and high potential team members to become the best they can be.

Lou grew up in an Air Force family, and lived in many places as a child, he calls San Antonio Texas his hometown, and his parents still live there today. Lou spent twenty-one years in the Marine Corps, where he worked as a radio operator and translator. During his time on active duty, he had the opportunity to work in many joint service organizations with some of America’s most talented and highly trained service members. After retiring from active duty, Lou worked as a defense contractor for five years then as a DoD civilian for another eleven years before combining his military and civilian service to retire from the federal government in 2021. Lou then attended a Coach Training Program and founded THE HONING STONE. Lou earned a Bachelor’s of Science in Serbo-Croatian from Excelsior University, Masters of Science in Telecommunications Management from the University of Maryland Global Campus, and Masters of Organizational Leadership with a concentration in Coaching and Mentoring from Regent University. Lou considers himself a lifelong learner and enjoys a variety of subjects.

Lou is married to Melody Kelley PhD who teaches Cyber Security at Courtland HS in Spotsylvania. Lou and Melody are the proud parents of three amazing young adults. Their oldest is an Eagle Scout, and Marine infantry officer. Their daughter is a Girl Scout Gold Award recipient, and about to graduate from Eastern Tennessee University Nursing program, and will then commission into the Army’s Medical Corps. Lou and Melody’s their youngest son is an Eagle Scout, who works for a local sporting goods retailer.

Lou’s personal and professional goals are to use his coaching skills to help his community though his support to a number of charitable organizations as well as working with businesses to increase employee engagement, retention and overall job satisfaction while increasing organizational results. Lou enjoys riding motorcycles, hiking and camping. Lou has over a hundred freefall skydives mostly from before his children were born, and would like to get in a few more skydives before he puts his kit away for the last time.

Lou has served in many roles with the BSA from Cub Scout Den Leader up to Scout Master and he helped bring one of the first BSA troops for young women to the Fredericksburg area. He is active in his church with the Knights of Columbus, and he actively supports the Thurman Brisben Center, the Paul Stefan Home for Unwed Mothers in Orange VA, and the FAIL SAFE-ERA program.