

Summer 2025 Intern Insights: Learning, Growth, and Impact at Capitala Group

This summer, Capitala Group was fortunate to welcome three outstanding summer interns—Lily Walsh, Caden Simmons, and Conor Walsh—who brought energy, curiosity, and fresh perspectives to the team. Each quickly immersed themselves in the fast-paced world of private credit and equity investing, gaining valuable skills and experiences that will shape their future careers.

From Shadowing to Investment Banking: Lily's Journey

For Lily Walsh, this summer was a full-circle experience. After completing a brief shadow internship at Capitala last year, she returned eager to dive deeper—and found herself taking on much more technical work than she expected.

“From the first week, we jumped right into Wall Street Prep courses and financial modeling,” Lily shared. “We evaluated deals, built LBO models, and even worked on a case study where we presented an investment memo to the committee.”

Along the way, Lily learned valuable lessons not only about finance, but also about confidence. “I’ve always been indecisive, but one of Capitala’s Managing Directors told me that no matter what, I should always have an opinion and stand by it. That really pushed me to strengthen my analytical voice.”

Her favorite part of the summer? The people. “Capitala is ambitious, productive, and driven—but also laid back and welcoming. The culture here strikes the perfect balance between focus and fun.”

Lily credits her time at Capitala with shaping her career path. “Before interning here, I thought I wanted to pursue accounting. After seeing finance up close, I realized investment banking was the right direction. Now, I’m thrilled to be heading to Wells Fargo as a Summer Analyst in 2026.”

Discovering a Future in Finance: Caden's Experience through the Small Business Investing Scholars Program

Caden Simmons came to Capitala through the Small Business Investing Scholars (SBIS) Program, now in its third year of partnership with the firm. Drawn by the firm’s unique

approach to investing, he explained, “Capitala isn’t just about equity capital—they offer flexible capital solutions, which gave me exposure to a wide range of deals.”

Over the summer, Caden worked on company research, due diligence, financial modeling, and even pitched a company to the investment committee. “I didn’t expect to learn just how many different ways there are to invest in companies. Every situation is unique, and Capitala tailors its solutions to fit.”

Like Lily, Caden found the people to be a highlight. “Every coworker has such an interesting background, and even casual conversations turned into learning opportunities. The culture here is about growth—everyone supported us as interns and encouraged us to step out of our comfort zones.”

This experience not only introduced Caden to finance but also sparked a strong interest in buy-side investing. “I’ve seen firsthand how impactful capital solutions can be for lower middle-market companies, and I’m excited about the possibility of building a career in this space.”

Through the SBIS Program, Caden gained exposure beyond his day-to-day work at Capitala. “In addition to the internship, I joined weekly sessions with private equity professionals from across the country. It was eye-opening to hear how no two career paths into the industry are the same. That perspective showed me the many opportunities within private equity.”

Reflecting on his summer, Caden said, “The combination of Capitala’s hands-on training and the broader SBIS program accelerated my growth both personally and professionally. It’s been an incredible experience.”

Building Skills and Conviction: Conor’s Perspective

For Conor Walsh, interning at Capitala was both a learning opportunity and a chance to confirm his career interests. “I’d heard it was a great experience from past interns and wanted to learn more about the industry,” he said.

Over the summer, Conor worked on financial modeling and evaluating companies in the lower middle-market. One of the biggest surprises for him was gaining perspective from both the buy side and the sell side. “That’s something I didn’t expect, but it gave me a much deeper understanding of how deals come together.”

Conor especially valued the people and the firm's approachable environment. "The open-door policy made it easy to ask questions and learn. The culture is very team-oriented, and you're encouraged to show your personality."

The internship gave Conor not only technical skills, but also the conviction that finance is the field he wants to pursue.

Advice for Future Interns

Across the board, Lily, Caden, and Conor emphasized curiosity and engagement as the keys to success:

Lily: "Be open to learning new things. Each day is different, and you learn the most by asking questions."

Caden: "Don't be afraid to step out of your comfort zone and talk to as many people as possible. You're surrounded by smart, experienced professionals—take advantage of that."

Conor: "Ask questions and try to learn something new every day."

This summer, Lily, Caden, and Conor left their mark on Capitala while gaining valuable skills and insights that will carry them forward in their careers. We're proud of the work they accomplished and excited to see all that lies ahead for them.