Tiffany Koehler grew up in Shorewood, Wisconsin.

Koehler served in the U.S. Army Reserves 757th Transportation Battalion as a locomotive movement coordinator, also known as the "brains of the trains." She retrained becoming a behavioral science specialist in the Wisconsin Army National Guard's 132nd Brigade Support Battalion. Three days after 9/11 she served at Tripler Army Medical Center's psychiatric unit located in Oahu, Hawaii. Both Koehler's grandfathers served in the United States Army during WWII, one as a glider pilot who landed in Normandy on D-Day and the other served as a Judge Advocate.

Koehler's career has focused on southeastern Wisconsin's nonprofit community ranging from affordable housing, mental health, veteran's issues, and has served on many nonprofit's board of directors. Koehler worked in the Wisconsin State Legislature as a legislative aide and policy advisor. In addition, she was appointed by Wisconsin Department of Veterans Affairs Secretary Daniel Zimmerman as the state's women veteran coordinator and southeastern Wisconsin's agency liaison.

She is a lifetime member of the Disabled American Veterans. She serves as DAV National Commander Stephen "Butch" Whitehead's Wisconsin chief of staff, she serves on the DAV Department of Wisconsin's finance and women veteran committees, she is active in DAV's Chapter 19 serving as the Senior Vice Commander, in addition she has served in numerous positions within Department of Wisconsin American Legion Post 18, and is the former secretary for the National Association of State Women Veteran Coordinators. Koehler strives to empower individuals to "Be all they can be."

In 2002 Koehler walked across the state of Wisconsin in a mental health anti-stigma campaign. Receiving recognition from the Wisconsin state legislature. She lobbied for mental health parity and brought awareness to those who suffer in silence with mental health issues.

Koehler is a stage IV non-Hodgkin's Lymphoma survivor and is active with the American Cancer Society Cancer Action Network of Wisconsin. In 2017 she was named Wisconsin's ACS CAN Ambassador of the Year and in 2020 she was named the Leukemia & Lymphoma Society's Bright Light for her Light the Night fundraising efforts.

Koehler graduated from Cardinal Stritch University with a Bachelor's degree in political science. She is currently a graduate student in the Master's of Social Work program at the University of Wisconsin Milwaukee' Helen Bader School of Social Welfare.