

## Nicole Yost

*Founder CEO, Spotted Tiger Coaching and Consulting*



With a career in healthcare communications spanning more than 20 years, including as MD and CEO, Nicole's coaching work supports leaders and teams navigating challenges and change. She brings together her experience as both a leader and an executive coach to help individuals and teams to solve some of their most important issues.

Nicole enjoys helping people grow, shine and thrive a little more every day through recognising and unlocking the potential of the difference they bring. This is the power of coaching.

Nicole has coached clients across a range of industries including pharma, retail, creative, education and not-for-profit, including pro bono support for HBA EMEA. Her professional coaching certification is from Henley Business School (ICF, EMCC and AC accredited). Nicole holds a Post-Graduate Certificate in Coaching and Behavioural Change, and an MBA with distinction. She is a member of the ICF and has trained as a mental health first aider with MHFA England.

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### **Coaching Credentials:**

- Professional Certificate in Coaching (Henley Business School - ICF, EMCC and AC accredited)
- Post-Graduate Certificate in Coaching and Behavioural Change (Henley Business School)
- MBA (Warwick Business School)
- Team Coaching Certification (Performance Edge)
- Certified Mindgym Coach
- Member of the ICF and trained as a mental health first aider

### **Areas of Expertise:**

Career Exploration  
Core Value Identification  
Conflict Management  
Diversity, Equity, Inclusion, and Belonging  
Emotional Intelligence  
Leadership Effectiveness  
Navigating Change  
Navigation of Workplace Relationships  
Supporting New and Emerging Leaders  
Team Building & Optimization  
Team Dynamics  
Work/Life Balance