

America's Best In Medicine: Amy M. Tostenson, Lpn, Nlc Blends Clinical Expertise And Coaching For Patient-Centered Care

Charge Nurse and Founder of Rise of the Phoenix Coach LLC Bridges Clinical Care and Personal Transformation Nationwide



Omaha, Nebraska Apr 23, 2026 (IssueWire.com) - Amy M. Tostenson, LPN, NLC, is making a meaningful impact at the intersection of healthcare and personal development, bringing a unique blend of clinical expertise and life coaching to individuals across the United States. Currently serving as a Charge Nurse at Florence Home in Omaha, Nebraska, Amy is also the Founder and Owner of Rise of the Phoenix Coach LLC, a virtual coaching practice dedicated to helping clients heal, grow, and navigate life's most challenging transitions.

With a diverse background spanning clinical care, admissions coordination, and healthcare leadership, Amy has built a reputation for delivering compassionate, patient-centered care. Her hands-on experience in hospice, home health, and long-term care settings has allowed her to develop a deep understanding of patient needs across all stages of care. In her previous roles as an Admissions Intake Coordinator and Lead QAPI Nurse, she played a vital role in improving care transitions and implementing quality assurance initiatives that enhanced patient outcomes and operational efficiency.

Amy's leadership abilities have been a defining aspect of her career. She has successfully supervised teams of medical aides, certified nursing assistants (CNAs), and support staff, fostering collaborative environments focused on excellence and accountability. Additionally, she has trained healthcare professionals on electronic medical record (EMR) systems and clinical protocols, ensuring consistency and accuracy in patient care delivery. Her ability to bridge communication between physicians, care teams, and patients has contributed to streamlined processes and improved experiences for all involved.

Beyond her clinical work, Amy brings a wide-ranging skill set that includes customer relations, marketing, auditing, data management, and report creation. Her adaptability across multiple healthcare environments has enabled her to approach challenges with both strategic insight and empathy. Whether coordinating complex care plans or managing administrative responsibilities, she consistently demonstrates a commitment to high standards and continuous improvement.

Amy's educational background reflects her dedication to excellence. She earned her Licensed Practical Nurse (LPN) degree from Clarkson College, graduating with honors and receiving recognition as both the top of her class and "most likely to succeed." She further expanded her professional scope by training at Nurse Life Coach Academy, where she specialized in trauma healing, addiction recovery, confidence building, and life transitions. As a certified professional with an active LPN license and Basic Life Support certification, she remains committed to lifelong learning and holistic care practices.

Through Rise of the Phoenix Coach LLC, Amy extends her impact beyond traditional healthcare settings. Her coaching practice focuses on guiding individuals through personal transformation, with an emphasis on healing from trauma, overcoming addiction, and building confidence. She also actively contributes to the broader community through mentoring and philanthropic efforts centered on personal development and emotional well-being.

In addition to her coaching work, Amy is an emerging voice in thought leadership. She regularly publishes notes, articles, and newsletters on Substack, where she shares insights on healing, resilience, and growth. In February 2026, she launched the Rise of the Phoenix Coach podcast, further expanding her reach through platforms like YouTube and Spotify. Looking ahead, she plans to publish her autobiography by the end of 2026, offering a deeper look into her journey and the experiences that have shaped her mission.

Driven by a genuine passion for helping others, Amy finds deep fulfillment in her work. "Seeing someone light up with the effects of results makes all the hard work worthwhile," she shares. For Amy, aligning

purpose with profession is essential, and her career reflects a clear commitment to making a lasting difference in the lives of those she serves.

Learn more about Amy M. Tostenson:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/amy-tostenson>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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