

## **Amy M. Tostenson, LPN, NLC, Blends Clinical Nursing Expertise with Transformational Life Coaching**

Empowering Healing, Resilience, and Personal Growth Through Patient-Centered Care and Holistic Coaching



Omaha, Nebraska Jun 23, 2026 ([IssueWire.com](http://www.IssueWire.com)) - Amy M. Tostenson, LPN, NLC, is a dedicated

nursing professional and certified life coach whose career bridges traditional healthcare and modern holistic coaching. With extensive experience in clinical nursing, care coordination, and leadership, she currently serves as a Charge Nurse at Florence Home in Omaha, Nebraska, while also leading a growing virtual coaching practice as Founder and Owner of Rise of the Phoenix Coach LLC.

Across both her healthcare and coaching roles, Amy is recognized for her deeply compassionate, patient-centered philosophy. She supports clients and patients throughout the United States, helping individuals navigate life transitions, emotional healing, addiction recovery, trauma, and confidence-building. Her approach integrates clinical knowledge with coaching frameworks focused on resilience, self-awareness, and personal transformation.

“I am passionate about helping people. It gives me great pleasure and a sense of fulfillment and purpose. Seeing someone light up with the effects of results makes the hard work, which does not even seem like work, all worthwhile. When you are in a practice and the ‘work’ feels heavy and more days than not, you do not want to do the work, it is more than likely not aligned with what you are meant to be doing. I thoroughly enjoy my work and know it is what I am meant to be doing,” Amy said.

Throughout her nursing career, Amy has developed strong expertise in admissions coordination, medication and treatment management, hospice and home health services, and interdisciplinary collaboration. She has served in roles such as Admissions Intake Coordinator and Lead QAPI Nurse, contributing to quality improvement initiatives and ensuring continuity of care for patients with complex needs. Her leadership experience includes supervising CNAs, medical aides, and support staff, as well as training healthcare professionals in EMR systems and clinical procedures.

In addition to her clinical work, Amy brings a broad skill set in communication, marketing, auditing, data management, and operational reporting. Her ability to bridge administrative efficiency with compassionate care has supported improved outcomes across multiple healthcare environments. She is known for her adaptability, strong organizational skills, and commitment to excellence in every role she undertakes.

Amy earned her Licensed Practical Nurse (LPN) Degree from Clarkson College, graduating with honors and receiving recognition as “Most Likely to Succeed.” She further expanded her professional development through Nurse Life Coach Academy, specializing in trauma healing, addiction recovery, confidence building, and life transitions. She maintains an active LPN license and Basic Life Support certification, continuing to integrate evidence-based care with holistic wellness principles.

Beyond her clinical and coaching practice, Amy is also a content creator and educator. She publishes weekly articles and reflections on Substack at <https://riseofthephoenixcoach.substack.com>, hosts the *Rise of the Phoenix Coach* podcast launched on February 13, 2026, and has expanded her content across YouTube and Spotify. She is also preparing to publish her autobiography by the end of 2026, further sharing her journey of resilience, healing, and transformation.

Through her combined work in nursing, coaching, and media, Amy M. Tostenson continues to champion a message of hope and renewal—helping individuals “rise from the ashes” and step into healthier, more empowered versions of themselves.

### **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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Source : Amy M. Tostenson

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