



CONTACT

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EDUCATION

MASTERS OF SCIENCE - LEARNING & ORGANIZATIONAL CHANGE

Northwestern University
March 2022-Present
15-course masters program in change and human capital management

ORGANIZATIONAL & LEADERSHIP COACHING CERTIFICATE (OLCC)

Northwestern University
March 2022-2023
A 4 course program focused on adult learning and development theory, and coaching competencies

HEALTH & LIFE COACH CERTIFICATE

Health Coach Institute - ICF accredited
April 2020-October 2020
Weekly courses, exams, and coaching skills labs.

BACHELORS OF SCIENCE - NURSING

Salisbury University '05 - '09
National Student Nurses Association -
board member

LICENSES & CERTS

- **OLCC: LEADERSHIP COACH**
- **HOGAN ASSESSMENTS** - certified
- **REGISTERED NURSE (RN186189)** - active
- **ICF-ACC** - in progress (expected Oct '23)

LINDSAY FRIEDMAN

COACHING & CONSULTING, LLC

LEADERSHIP DEVELOPMENT COACH, LEARNING & DEVELOPMENT FACILITATOR, TALENT/CHANGE MANAGEMENT CONSULTANT

As a Leadership Development Coach, I support individual contributors, middle managers and the executive leadership team engage with work, think agilely, develop leadership skills, build effective teams and manage change.

I support Talent & Change Management and Learning & Development departments meet their organizational goals and develop top level talent.

I provide virtual and in-person learning workshops and 1:1/1:team coaching on stress and burnout, emotional intelligence, effective communication, co-construction, team systems, constructive conflict, brainstorm and drill down sessions, relationship & trust building and more, dependent organizational needs.

Psychology research and cognitive science ground my practice, and I use various assessments, models and tools to facilitate change.

EXPERIENCE

LEADERSHIP DEVELOPMENT COACH/L&D FACILITATOR

LINDSAY FRIEDMAN COACHING & CONSULTING, LLC | 2020-PRESENT

- Leadership development founded in adult learning theory to support strategic business initiatives & drive engagement
- 1:1; 1:team coaching, 360-Feedback, Personality Assessments, Goal Setting and Learning Plans
- Develops & facilitates learning curriculums for emerging to senior leaders (virtual & in-person)
- Assesses culture & change readiness within an AGILE process
- Performs stakeholder & gap analyses - skilled influencer & relationship builder

IVF RN COORDINATOR/PACU RN

SHADY GROVE FERTILITY CENTER | 2013-2020

- Created a 12-week onboarding program for new RNs
- Provided extensive coaching support to patients and partners as they navigated change
- Developed a 6-wk stress & emotion management program for patients

LABOR & DELIVERY RN

HOLY CROSS HOSPITAL | 2009-2013

- Ongoing Change Management: accurate assessment, effective communication & efficient execution of care plan
- Staff and Charge RN responsible for shift operational flow and inter- & intradepartmental communication & collaboration.
- Onboarding Preceptor to RNs in a 12-week program