



Amy Vodarek

Amy Vodarek, RN, MScN, PCC, NCC, is on a mission to reimagine health and healthcare system solutions that work for both the people it serves and professionals. With over 30 years of experience in the healthcare sector, Amy helps women entrepreneurs and executives advance their ideas and impact through leadership development.

As the Chief Leadership Coach and founder of Insight Edge, Amy helps clients align their strategic initiatives to advance their vision. Amy guides women to expand their impact and lead high-value initiatives. Importantly, women learn to bridge the gap between serving others and self-care, bringing renewed vitality to their leadership.

Amy is the host of The Feminine Edge Podcast and co-author of the best-seller *Good Enough: Embrace who you are. Unleash Your Brilliance* and the upcoming book, *Growing Groups into Teams*. She frequently speaks to reignite women's self-belief, ambition and conviction in their dreams. Amy holds her MScN, PCC, NCC and advanced executive and team coaching credentials. She is also a mentor coach for The Coach Partnership, a coach training and certification company. She is a principal with Altus Growth Partners, teaming with an extraordinary group of colleagues to help organizations create exceptional results through powerful conversations and effective leadership in healthcare and related sectors.

Blending her experiences as the CEO of her company, executive coaching and facilitation with her 20 years of practical healthcare experience in clinical and academic leadership roles uniquely positions Amy to coach women founders and executives in healthcare and related sectors.

In addition, Amy is passionate about supporting health innovation and is a founding donor of the Nurse Innovation Award and an Activator with Coralus. She is the incredibly proud mom of four young adults.

Conversation Topics

- Understanding feminine power and getting comfortable creating and managing your innate power
- How releasing impostorism, perfection, and unhelpful self-doubt accelerates leadership influence, presence and career/business growth
- How learning to receive, asking for help and boundaries brings a renewed vitality and ambition to our leadership
- How to strategically leverage your feminine strengths to grow your impact, team and business
- How to lead an accountable, thriving team in complex times
- How having a curated community of advisers deepens self-trust, boldness, creativity and wisdom
- How to advance your vision, impact and influence advancing one high-value project at a time
- How to be a stand for change, deepen your conviction to your vision and take care of your future

Connect



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The Feminine Edge
Podcast

