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Nicolette Amato serves as the senior program coordinator of employee health and well-being at Johns Hopkins Medicine, supporting the health and well-being of approximately 40,000 employees. She earned both her B.S. degree in health behavior science and M.S. degree in health promotion from the University of Delaware. Nicolette is a National Board-Certified Health and Wellness Coach (NBC-HWC), Certified Health Education Specialist (CHES), and a Resilience Advantage HeartMath Trainer. At Johns Hopkins Medicine, she manages and facilitates BP2: Blood Pressure and Breathing Practice, a 23-week lifestyle medicine series that helps employees develop skills to reduce stress and improve blood pressure. She also supports the strategy and facilitation of HeartMath programs across the organization, among other initiatives that promote employee well-being. Nicolette is co-author of the following publications: "Impact of a simulation-based education approach for health sciences: demo, debrief, do" and "Feasibility of the implementation of a cognitively stimulating arts program for community-dwelling older adults."