



LAZARUS Coaching & Consulting

Forging leaders who deliver under pressure

Mark A. Nicholson, CEO | Retired Navy Captain

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CAPABILITY STATEMENT

INTRODUCTION

Lazarus Coaching & Consulting is a Maine-based **Service-Disabled Veteran-Owned Small Business (SDVOSB)** founded in 2023. Led by a retired Navy Captain and ICF Professional Certified Coach with 30+ years of military leadership experience, we provide executive coaching, leadership development, facilitation, and curriculum design for leaders in complex, high-stakes environments. **CMMC Level 1 certified.**

We develop the leadership and communication skills of technical experts, senior leaders, and high-performing teams using practitioner-tested tools and frameworks designed for leaders who carry real responsibility.

CORE COMPETENCIES

- Executive Coaching
- Team Coaching
- Leadership Development
- Self-Awareness Psychometrics
- Strategy Development
- Facilitation Services
- Curriculum Development
- Organizational Consulting

DIFFERENTIATORS

- **Shipbuilding & Maintenance Fluency:** 30+ years in Navy operations, aviation, and DoD acquisition. We speak the language of the deckplate, the shop floor, and the program office.
- **Certified Coaching Excellence:** ICF PCC with 1,400+ coaching hours serving 200+ clients. Evidence-based methodology, not motivational speaking.
- **Practitioner-Tested Programs:** Every tool and framework has been tested in the field with leaders carrying real responsibility — built for working supervisors, not aspirational corporate audiences.
- **Local & Direct:** Maine-based, available for on-site delivery, and able to contract directly via purchase card for pilot workshops and engagements.

PAST PERFORMANCE



Naval Foundry & Propeller Center



Forward Deployed Regional Maintenance Center



Commander Naval Regional Maintenance Center



NAVSEA



PAE INDUSTRIAL OPERATIONS



Northwest Regional Maintenance Center



Hawaii Regional Maintenance Center



KEY LEADERSHIP



Mark A. Nicholson
Founder & CEO



ICF Professional Certified Coach (PCC) with 1,400+ hours of coaching. Former facilitator at the Naval Leadership and Ethics Center and U.S. Naval War College. 30+ years of military leadership experience helping leaders grow and thrive in complex, uncertain, and dynamic environments.

COMPANY INFORMATION

UEI: TQ1LA1HU5QP7

CAGE Code: 9VF80

Certifications: SDVOSB, CMMC Level 1

State of Incorporation: 2023, Maine

Maine Code: VS0000028950

VLIN ID: VA10104344

ACCEPTS CREDIT & PURCHASE CARDS

NAICS CODES

611430: Professional and Management Development Training

611710: Educational Curriculum Development Services

541611: Management Consulting Services: Strategic & Organizational Planning

541612: Human Resources Consulting Services

541618: Other Management Consulting Services

INDUSTRIES SERVED

- ✓ Aerospace & Shipbuilding
- ✓ Defense Manufacturing
- ✓ Department of Defense
- ✓ Federal Civilian Agencies
- ✓ Financial Services
- ✓ Higher Education

* References, contacts, and case studies available upon request

CERTIFIED ASSESSMENT TOOLS: Hogan • EQ-i® 2.0 • EQ 360® • Leadership Practices Inventory® 360 • Gallup® CliftonStrengths® Energy Leadership™ Index • Energy Leadership™ Index 360 • Subject-Object Interview • Immunity to Change • Shifting Horizons