

Meet Your Instructor

Kori Amos,
SHRM-SCP | SPHR

Company: Flagger Force

Years Teaching Prep Course: 1

Email: kori.amos@flaggerforce.com



Kori Amos has 13 years of experience in the field of Human Resources. She is a Senior Certified Professional through The Society for Human Resource Management (SHRM-SCP) and certified as a Professional in Human Resources from the HR Certification Institute (PHR). Kori has experience creating Human Resources departments and processes from scratch, working with start-ups and entrepreneurs to develop HR strategy, creating and driving Workforce Development Programs for the formerly incarcerated, and is overall an HR, coffee, and positivity enthusiast.

She is the Past President of the Pittsburgh Human Resources Association, the Media Relations Director for the PA SHRM State Council, and a Co-Organizer for Disrupt HR Pittsburgh.

Meet Your Instructor

Liz Grambo, SHRM-CP

Company: Inovalon, Inc.

Years Teaching Prep Course: 1

Email: egrambo@creehan.com



Liz has been working in the Human Resource industry, specifically healthcare technology, for over 6 years and used the same SHRM-CP Prep Course through PHRA to prepare for her SHRM-CP Exam a few years ago!

In February 2020, Liz moved to a new role at Inovalon, Inc. as an Onboarding Partner on the Inovalon Corporate Onboarding Team. For 5 years prior to that, Liz worked as a Human Resource Specialist at Inovalon's Pittsburgh Business Unit, Creehan & Company.

In her free time, Liz enjoys being outdoors, and is an aviation enthusiast as a Commercially Rated Pilot and Certified Flight Instructor.

Meet Your Instructor

Tracey Holst, SHRM-SCP | SPHR

Company: Xcoal Energy and Resources

Years Teaching Prep Course: X

Email: tracey.holst@xcoal.com



Lacey is an experienced Human Resources executive who has worked in a variety of industries including education, manufacturing, food contract management, and energy. Her vast professional experience in global Human Resources includes acquisitions and mergers, employee and labor relations, benefits and compensation, risk management, talent acquisition, development, and management, and workforce and succession planning.

Just a few of her many accomplishments consist of building and establishing the Human Resources function in a global organization, negotiating major collective bargaining contracts with a variety of unions, creating and driving corporate social responsibility programs, and developing and implementing Diversity and Inclusion policies and procedures.

She also maintains a small Human Resources Consulting company and has assisted small businesses in creating Human Resources policies and procedures. Tracey holds a Bachelor of Science in Human Resources, a Master of Arts in Labor Relations, and a doctorate in Organizational Leadership.

Tracey's volunteer activities involve Oakmont Commons Homeowners Association Board of Directors, Co-Chair of the Pittsburgh Chapter of Women in Economic Leadership Development, Society of Human Resources Management Certification Instructor, Institute for Veterans and Military Families, Onward to Opportunity Presenter, Frequent Guest Speaker on Inside Out Podcast for Florida Atlantic University, and Membership in the following organizations: Executive Women's Council, Pittsburgh Human Resources Association, Society of Human Resources Management

Tracey resides in Oakmont with her husband and 3 cats. She has 2 adult daughters; one is married and one just got engaged. She enjoys working out and spending time with her family in her spare time.

Meet Your Instructor

Ashleigh Sager SHRM- SCP

Company: Babb, Inc.

Years Teaching Prep Course: 1

Email: ams@babbins.com



I am the Human Resources Director at Babb, Inc., a family-owned insurance brokerage firm on the North Side. Over the past 3.5 years, I have had the opportunity to develop process and procedure for all aspects of Human Resources from scratch. It has been challenging and a great test of my HR knowledge, skills and abilities picked up from my 10 or so years in this field.

Prior to Babb, I was the Operations Manager for the UPMC Learning & Development Team, which is responsible for developing and conducting new hire orientation among many other programs. I took the 12-week certification class in the Spring of 2018 prior to passing the SHRM-SCP exam. Because I do not have an HR degree, I used to feel like I was just “pretending” that I knew what I was doing. Passing the SCP has given me the confidence to know that I know what I’m doing. The time and effort that I put into going to class and studying as time well spent. A professional game changer.

As a way to give back to my profession and be with likeminded people, I decided to get more involved with the PHRA in 2019. In addition to teaching this class, I am also the Networking Committee Chair.

On a personal note, I live with my husband (Joe), 4-year-old son (Blake Paul) and our five cats in McCandless Twp. I enjoy the simple things in life like taking care of my guys, organizing areas in my home, watching my son play sports, shopping, and cheering on the Penguins. When my husband and I can break away from everyday life, we enjoy going to concerts and attending musicals in the Cultural District.

Meet Your Instructor

Sally Wade

SHRM- SCP, SPHR

Company: AKCW Associates

Years Teaching Prep Course: 11

Email: swade@akcwassociates.com



Sally Wade, SHRM-SCP, SPHR is retired Vice President, Human Resources for Mitsubishi Electric Power Products, Inc., (MEPPI) a U.S. subsidiary of Mitsubishi Electric Corporation of Tokyo, Japan serving North American power systems and rail transportation industries.

As a member of MEPPI's executive team, Ms. Wade worked closely with company leaders on strategic initiatives that focused on business growth, succession planning, talent acquisition, talent management and ensuring MEPPI remained an employer of choice. Prior to joining MEPPI, Ms. Wade held senior human resource positions at Duquesne Light, The Conair Group and Dravo Corporation. Currently Ms. Wade is president of her own company, AKCW Associates LLC, where she consults with companies on a variety of HR topics and initiatives.

Ms. Wade received her undergraduate degree in Business Administration from Grove City College and her Masters in Personnel and Labor Relations from the H. John Heinz College of Carnegie Mellon University. She was Adjunct Professor at LaRoche College where she taught the SHRM Learning System for 9 years.

Ms. Wade currently serves on the Board of Directors of Allegheny Land Trust, Holy Family Institute and Nazareth Prep, and First Night Advisory Board of the Pittsburgh Cultural Trust. She is a longstanding member of the Pittsburgh Human Resources Association (PHRA) and the Society of Human Resources Management (SHRM).

.A lifelong resident of the South Hills, Ms. Wade currently resides in Upper St. Clair with her husband, David and Animal Friends alumnus, Toby the cat. Frequent travelers, Sally and Dave have visited all seven continents of the world.