## Mr Ken Nicol

Mr Nicol has been a Board Member of High Life Highland since 2011 and has lived in the Highlands on a permanent basis since 1972, apart from a 4 year period while studying at University. He is also a Board of Management Member for the North Highland College and has considerable experience in both private and public sectors. He has a track record in strategy development and has marketing experience for major support services companies. He is an experienced kayaker, holding the highest coaching award for sea kayaking, and has delivered coaching courses for a wide range of outdoor centres and clubs across Scotland.

## Mr Laurence Young

Mr Young has been a Board Member of High Life Highland since 2011. He is currently the Chair of the Board, holding the post of Vice Chair for two years prior to this. Before joining the Board he was an Education Manager and Officer with Highland Council resulting in considerable budget experience. He has lived in the Highlands since 1974 and, during this time, has been involved in youth football, badminton, shinty and netball as well as being the Chair of FEIS Lochabair and Lochaber Pipe Band.