

HEALTH COACH RESUME

Example by Resume Genius

Lincoln Street Cincinnati, OH 45264
(770) 625-9669
amy.smith@mail.com

Empathetic and solution-oriented health coach with 6+ years of experience helping diverse clients live healthier lives through diet, fitness, and lifestyle changes. Skilled at assessing health conditions, offering advice, setting goals, establishing treatment plans, and guiding and motivating clients throughout their journey. Track record of attaining high client satisfaction while adhering to regulations.

PROFESSIONAL EXPERIENCE

HINGE HEALTH

Health Coach

Houston, TX

June 2019–Present

- Assisted 1,300+ clients to date by providing effective coaching with a focus on healthy diet implementation, stress management, and sleep hygiene
- Provide phone consultations while maintaining high client confidentiality as per HIPAA guidelines
- Partnering with two Fortune 500 companies in Houston to establish monthly workplace wellness workshops
- Increased client retention by 25% during first two years by implementing robust policies for initial consultations while offering six-month follow-ups free of charge
- Enhanced patient comprehension of concepts and practices by developing a free e-book and accompanying video materials

PROACTIVE MD

Health Coach Associate

Austin, TX

April 2016–May 2019

- Provided support, motivation, and research-guided advice to clients across Texas to maximize understanding of weight loss and health improvement benefits
- Offered customized fitness programs and nutritional counseling to numerous clients at home and at private studios
- Liaised with physical therapists and physicians to follow up on clients' exercise and medical prescriptions
- Managed caseload of 30+ participants at a time while providing personalized guidance and fitness plans

EDUCATION

UNIVERSITY OF HOUSTON

Bachelor of Science in Health Promotion

Honors: *cum laude* (GPA: 3.8/4.0)

Houston, TX

Jan 2016

ADDITIONAL SKILLS

- Diet & lifestyle planning
- Biometric health assessments
- Goal-setting & tracking
- Behavioral health
- Holistic approach