

Robert Smith

Health Coach/Trainer

CONTACT DETAILS

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PERSONAL STATEMENT

To obtain a position utilizing my master's in social work and background in individual, family and group dynamics and personal strengths of advocating change, assessing clients and their situation, counseling, making recommendations, and education.

WORK EXPERIENCE

Health Coach/Trainer

ABC Corporation - January 2013 - January 2016

Responsibilities:

- Provide individualized fitness programs and nutritional counseling to clients in-home or private studio.
- Teach Private or group Pilates/Barre/Circuit instruction and program design for specific fitness levels.
- Motivate clients to follow clean eating nutrition plans.
- Online Marketing via web creation and social networking sites to attract new clientele.
- Work directly with physical therapists to follow up on patient/clients exercise prescription.
- Monitor health status by setting heart rate goals during cardio, and via bi-weekly body composition assessments.
- Travel to and attend on-site corporate health events, providing health education, bioelectrical impedance, and health questionnaires.

Health Coach

ABC Corporation - 2009 - 2013

Responsibilities:

- Provided participants with coaching and educational sessions on a variety of topics including stress and weight management, nutrition, physical activity, tobacco cessation, and other health topics as needed.
- Applied health coaching techniques such as motivational interviewing, goal setting, barrier resolution and customized health plans to achieve positive behavior change.
- Developed new employee training materials to ensure consistency and current information.
- Lead training of newly hired employees.
- Developed and delivered educational workshops in areas of nutrition, financial wellness, stress management, physical activity, and lifestyle change.
- Collaborated with other professionals to develop a new database for documentation of coaching calls and activities.
- Further assisted with developing training materials for the database.

SKILLS

Hippa Training, ICD-9
And CPT Coding,
QuickBooks,
OnehealthPort, Microsoft
Office, Outlook, Word,
Excel Spreadsheet,
PowerPoint. Skinfold
Assessment, Stress
Testing, Fitness
Assessment, Metabolic
Testing, Metabolic
Coaching, Endurance
Training, Building
Customized Cardio And
Nutrition Programs.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference - 1 (Company
Name)
Reference - 2 (Company
Name)