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| REBECCA ROLON | | | | | |
| 919-906-8812  213 Echo Hills Court, Holly Springs, NC 27540  [Rdrolon1@gmail.com](mailto:Rdrolon1@gmail.com)  [www.linkedin.com/in/rebeccarolon/](http://www.linkedin.com/in/rebeccarolon/) | | | | | | |
| |  |  | | --- | --- | | Objective | **To pursue a position within the field of health and wellness to progress in my career and further my knowledge and related skills.** | | | | | |
| Professional Profile & Skills | | Self-starting, young professional with experience as a nutrition center Manager and subject-matter expert. Proficiency in the science of weight loss, weight management, and related behavioral and nutritional sciences. | |
|  | * Extensive medical terminology knowledge. * FDA food guidelines awareness. * Special dietary needs. * Ability to establish rapport. * Ability to nurture and be empathic to members needs. | | * Excellent inter-personal, phone, and digital communication skills * Computer Skills: Microsoft Word, Microsoft Excel, Social Media, WPM 100+ | |
| Education | **Bachelor of Science in Nutrition – Western Carolina University** Cullowhee, NC 28723 *2012*   * Concentration in Dietetics, Minor in Spanish **GPA 3.466** | | | |
| Work History | **Center Manager – Medifast Weight Control Centers**, Apex, NC *February 2014 to Present*   * Promoted to Center Manager, to supervise employees and lead the team to achieve top regional sales for two consecutive quarters. * Facilitated weekly member visit appointments; providing customized individual nutritional and behavioral counseling to assist members in achieving and maintaining their weight loss goals through healthy eating habits. * Coached staff on performance and professional development, holding all employees to the highest standards of accountability and operational excellence including driving revenue, membership and overall customer service.   **Assistant Manager – Medifast Weight Control Centers**, Apex, NC *March 2012 to March 2013*   * Performed activities designed to track improvements in health; weigh-ins, blood pressure, pulse rate, measurements, and body composition machine. * Conducted weekly behavior management counseling visits with current members, and performed sales consultations with prospective clients. * Placed purchase orders, managed inventory, and reviewed daily and weekly spreadsheet data on leads and sales quotas to ensure all goals were met.   Salesperson – Southwestern Advantage, Missouri *May 2008 to August 2008*   * Utilized effective communication skills to implement over 2,100 sales presentations, leading to recognition as a “Top First Year Dealer” (Top 5% over 2,000). * Attained the “Gold Seal Award” by consistently performing 80+ hrs/wk, through establishing proven success principles (i.e. schedule, positive attitude, motivation, goal setting). * Improved productivity levels in conducting cold call, door-to-door sales, which resulted in gaining the “I Wanna Win” Award for the Best Sales in Final Week. | | | |
| Professional Memberships & Achievements | Professional   * Registered with the American Dietetic Association. * Ranked #1 Nationally for Highest Percent Over Total Revenue Quota, Medifast April 2014.   Academic   * Dean’s List, 3 Semesters: Achieved a grade-point average of 3.5 or better * Semester Study Abroad Program, Fall 2011: University of Granada, Spain. * National Undergraduate Research Conference, 2010: Accepted as an acknowledged speaker, and presented at the conference. * North Carolina Dietetic Association 78th Annual Meeting, 2011: Presented Research Project. | | | |