**Kathleen J. Hren, RD, LD, CDE, MBA**

N9591 Emerald Lane

Appleton, WI 54915

Cell (920-574-0221)

Email: [hrenkj@gmail.com](mailto:hrenkj@gmail.com)

**Education: Master of Business Administration (MBA)**

Golden Gate University – San Francisco, CA

**Bachelor of Science in Dietetics**

University of Wisconsin – Stevens Point, WI

**Registered Dietitian**  #11531

**Certified Diabetes Educator #**21110198

**Certified Dietitian (State of WI)**  #432-029

**Certified Health & Wellness Coach** #131755

**Work Experience:**

**Health To You (H2U)**

Wellness Health Coach (Remote)

February 2013 – present

* Coach participants to establish a personal health and wellness accountability plan which may include weight loss, movement, nutrition, tobacco cessation, stress management, diabetes, and hypertension.
* Provide health promotion assistance in setting goals and objectives.
* Deliver lifestyle coaching techniques and education including WellCoach model, Positive Psychology and Motivational Interviewing principles.
* Motivate, empathize and encourage people towards healthy changes to continue or start new lifestyle wellness goals.
* Complete clinical documentation using electronic medical record, maintain client database and supporting outreach letters.
* Excellent knowledge of Microsoft, Outlook, Excel, DiaWeb, WebEx and many computer applications.
* Manage assigned case load, reports and technology unsupervised.
* Work with members to set and achieve SMART goals to provide exceptional customer service.
* Collaborate with team members to cross cover work flow.

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**Kathleen J. Hren resume continued**

**West Business Services, Inc.**

Diabetes/Health Educator(telephonic) Appleton, WI

September 2010 – June 2012(downsized)

* Educated clients on general health/nutrition topics including diabetes, high blood pressure, weight loss, low fat/cholesterol and healthy eating.
* Educated clients on all aspects of diabetes care including preventive, drug therapy, medication adjustments and current *American Diabetes Association* recommendations.
* Trained on Motivational Interviewing technique to assist clients in obtaining personal health and wellness goals.
* Utilized Microsoft Office, Word, electronic medical record, Excel, Soft phone and computer applications in a call center.
* Developed script and discussed script information with in-bound calls.
* Assisted with Freestyle Promise test strip recall and customer service.

**Omro Care Center**

Registered Clinical Dietitian

June 2008 – June 2011

* Developed nutrition care plans, assessments and all nutrition care for rehabilitative and long term care residents.
* Provided client, family and staff all aspects of nutrition care.
* Utilized computer to complete Minimum Data Set (MDS) and Resident Assessment Protocol (RAPS) and exported to meet deadlines.
* Provided employee training as needed.

**Bellin Health Care/Bellin Diabetes Clinic/Bellin Bariatric Clinic**

Registered Clinical Dietitian

January 1998 – March 2002(Clinic closed) March 2003 – August 2007

* Performed group health promotion education classes on topics such as cardiac, weight management, diabetes, drug-nutrient interactions and health assessments.
* In Bariatric Clinic conducted pre-surgery classes, in-patient surgery follow up and out-patient post-surgery support groups.

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**Kathleen J. Hren resume continued**

* In Diabetes Clinic provided diabetes education on diet and self-management to all ages and community including meter use, insulin use and self-care management.
* Assisted in development of new screening process, revise care plan process, initiation of computer systems and quality improvements.

**Professional Affiliations:**

Northeast Wisconsin Association of Diabetes Educators

American Association of Diabetes Educators

**Other Professional Experience:**

Presented Poster session at State Dietetics meeting.

Coauthor for “Lipid Management Program” research in Journal of American

College of Cardiology.

Coauthor Nutrition Support Handbook for medical students.

**Computer Skills:**

Outlook, Word, Excel, Internet, DiaWeb, Soft phone, PowerPoint & Epic.

Comfortable learning and implementing new computer applications.