**Bridget Dolan-Lawler**

**327 West Frontage Road NW, Apt. #103 Rochester, MN 55901**

**952-250-5473** [**blifeisgoodnow@gmail.com**](mailto:blifeisgoodnow@gmail.com)

*Accomplished, articulate, & compassionate wellness professional*

**Education**

University of Minnesota, Minneapolis, MN

**B.S. Kinesiology, Clinical Movement Science** 2006

**Qualifications**

* Certified American College of Sports Medicine, **Health Fitness Specialist (HFS)**
* **WellCoaches** of America educated
* **Stellar** **organizational**, analytic & problem solving aptitude
* Excellent computer skills with a **willingness to learn** new skills
* **Magnetic personality** who encourages collaboration among team members
* **Dale Carnegie Institute graduate**

**Professional Experience**

* **Facilitated, developed & evaluated** numerous **medical fitness** programs
* Concrete experience **training patients** with specific disease & injury profiles
* Proven experience in **wellness coaching** (individual & small group)
* **Small group facilitation coaching healthy behavior change experience**
* **Managed** large workload with varying deadlines in a timely manner
* Suave ability to liaise through **written and verbal communication** skills

**Work Experience**

Provant Health 11/13-Present

**Health Coach**

Rochester Public Schools 05/13-Present

**Para Professional**

Mayo Clinic Dan Abraham Healthy Living Center 01/11-05/12

**Health and Wellness Coach**

Mayo Clinic Dan Abraham Healthy Living Center 01/08-01/11

**Wellness Coordinator**