

## HEALTH COACH

### Summary

Compassionate, results-oriented health psychologist with ten years of experience coaching individuals of various ethnic and socio-economic backgrounds and ranging in age from young adults to elders. Skilled in the use of the patient-centered, solution-focused principles of positive psychology, co-active coaching, the transtheoretical model of change, motivational interviewing, self-determination theory, and acceptance and commitment therapy to facilitate self-awareness and self-care. Dedicated coach with a demonstrated track record facilitating healthy lifestyle choices including smoking cessation, weight reduction, stress management, improved sleep, and enhanced daily functioning. Health care professional committed to transforming primary care through the integration of real time, focused health psychology interventions to produce an effective model of biopsychosocial care. skills Skilled individual and group coach Trained in nutrition, alternative medicine, and exercise physiology Proven behavioral change specialist Culturally sensitive Skilled in multiple coaching methodologies Exceptional communication skills Ability to create an open, nonjudgmental space for difficult conversations

### Achievements

- Professional Certified Coach credential awarded by the International Coaches Federation, 2013.
- Recognized twice as a Key Contributor to care improvement efforts by Harvard Vanguard Medical Associates.
- Contributing author to the article, "Group Health Coaching: Strengths, Challenges, and Next Steps" in the May, 2013 issue of Global Advances in Health and Medicine.
- Contributing author to The American College of Sports Medicine's Resources for the Personal Trainer, 3rd edition, 2009.

### Professional Experience

#### Health Coach

October 2008 to Current Company Name

- Partnering with Your Diabetic Patients: Principles of Coaching for the New England Quality Care Alliance Fall Forum: October 2014 5 Pearls for Improving Your Coaching Practice for the New England Wellcoaches Alliance: May 2014 Coaching Chronic Conditions for the Take Care Community Meeting (Walgreens Health & Wellness Company): February 2014 oThe Transformative Power of Health Coaching with Margaret Moore (CEO, Wellcoaches) for Case in Point Webinars: June 2012 oEngaging and Empowering Your Clients to Healthy Lifestyle Change for the Massachusetts Association of Clinical Exercise Physiologists: April 2012 oChanging Behaviors - Health Coaching with Measured ROI with Thad Schilling (MD, Medical Director, Patient-Centered Medical Home, Harvard Vanguard Medical Associates) for the Massachusetts Health Council: March 2012 oBuilding a Team to Keep Your Patients on Track for the Institute of Lifestyle Medicine: November 2011 oCultivating Engagement for the NERHSA/NSCA Northeast Conference: May 2010 oClient Engagement - How to Facilitate Behavior Change for the Massachusetts Association of Clinical Exercise Physiologists: April 2010 oMindful Listening, Curiosity, and Reflection: Coaching Skills to Transform Your Conversations for the Council on Renal Nutrition of New England: November 2009 Mindful Listening, Curiosity, and Reflection: Coaching Skills to Transform Your Conversations for the Pro-Fitness Northeast Region: August 2008 oGet More Sales with Member Coaching for the NERHSA/NSCA Northeast Conference: May 2008 oFitness Results through Relationships with PJ Harder (CEO, Semetree) for the NERHSA/NSCA Northeast Conference: October 2007 o"I CARE" Conversations with PJ Harder (CEO, Semetree) for Healthtrax Fitness & Wellness: June 2007 oPersonal Training Results through Coaching with PJ Harder (Director of Training, Healthtrax Fitness & Wellness) for the NEHRSA/NSCA Northeast Conference: May 2007 oCARE Coaching Your Clients to Successful Results for IHRSA: March 2007 oPositive Psychology and the Pursuit of Happiness for the Cambridge Center of Adult Education's Organization of Older Students: November 2006 oOrdinary People Achieving Extraordinary Goals on behalf of Human Kinetics for the Connecticut Recreation and Parks Association: November 2006 oCARE Coach Your Clients to Successful Results with PJ Harder (Director of Training, Healthtrax Fitness & Wellness) for the NEHRSA/NSCA Northeast Conference: May 2006.

Practical Examiner, Master Class Instructor  
January 2008 to July 2009 Company Name

- Conducted and scored the Wellcoaches practical skills assessment, the final step prior to awarding certification to trainees.
- Developed and conducted a master class for trainees and credentialed coaches on recognizing and changing disempowering self-talk.

Wellness Coach and Fitness Specialist  
May 2006 to October 2008 Company Name

- Developed coaching as a second and complementary profit center to personal training.
- Worked with club's personal trainers to augment in-club training routines with lifestyle changes resulting in weight loss, improved resiliency, and enhanced work-life balance.
- Principal, Life and Wellness Coach.

August 2005 to October 2008 Company Name

- Conducted telephonic, one-on-one coaching sessions to clients seeking to elevate self-care and improve functioning.
- Coached clients in effective behavior and cognitive changes using a variety of methodologies, including motivational interviewing, the transtheoretical model, positive psychology, and co-active coaching.

#### Education and Training

Master of Science : Health Psychology , 1 2014 Walden University Health Psychology Capstone: Bringing Health Psychology to the Patient-Centered Medical Home. Courses included health psychology, experimental and survey research, stress and coping, psychoneuroimmunology, biopsychology, lifespan development, and women's health. Research papers included a group medical appointment for patients with comorbid depression and diabetes, a 6-week workshop to guide women through the menopause transition, a group stress management program grounded in solution-focused coaching, acceptance and commitment therapy, and engaging the relaxation response.

Bachelor of Arts Anthropology University of Michigan GPA: 4.0 GPA: 4.0

Immunity to Change Workshop with Robert Kegan and Lisa Lahey, Harvard University, 2012 : 1  
2010 Completion of National Institute of Whole Health's educator curriculum Certified Professional Co-Active Coach credential awarded by Coaches Training Institute, 2008 Motivational Interviewing: The Art of Behavior Change Counseling, Levels I and II with MINT instructor Steven Berg-Smith, 2006 Wellness Coach credential awarded by Wellcoaches, 2005 Certified Health/Fitness Specialist credential awarded by the American College of Sports Medicine, 1999

#### Skills

Art, balance, Coach, Coaching, Council, Counseling, Client, Clients, Harvard, instructor, Listening, Director, materials, Lisa, profit, protocols, Psychology, Quality, recording, Research, Sales, stress management