

## CORPORATE FACILITATOR, PERFORMANCE COACH AND DEVELOPER

### Summary

Corporate Trainer and Performance Coach Over 25 years of business experience including 18 years of training. Interactive and engaging high energy corporate trainer. Wide bandwidth of corporate and entrepreneurial experience to solidify content and enable material to be business relevant. Lead others to adopt change with proven methods. Skilled in engaging groups quickly building trust and involvement. Ensure participants improve job related competencies. Coach others to higher levels of peak performance while maintaining confidentiality and privacy.

### Core Qualifications

- Active participation in [groups, plans, events]
- Excellent classroom management
- Interactive teaching/learning
- Clear public speaking skills
- Active listening skills
- Positive atmosphere promotion
- Innovative lesson planning
- Performance assessments

### Achievements

- Facilitated \$ 65 million in innovated cost savings for clients
- Facilitated \$500,000 of training revenue (2012)
- Obtained four Dale Carnegie Certifications in a one year (2005)
- Consistently receive "Exceeds" on training evaluations
- Coach on Profile International Incorporated assessments to increase behavior change

### Professional Experience

Corporate Facilitator, Performance Coach and Developer

January 2005 to Current Company Name - City , State

- Collaborate with senior leadership team to tailor training.
- Managed the design, development, implementation and administration of instructor-led corporate training including feedback survey forms, and supporting materials.
- Monitor and evaluate the effectiveness of training programs with the client.
- Maintain high performance standards throughout the training through individual coaching.

### Health Coach and Corporate Health Educator

January 2010 to January 2014 Company Name - City , State

- Coached patients using motivational interviewing skills to guide them in the direction of their unique goals.
- Employed creativity in planning and delivering wellness initiatives for individual behavior change.
- Centered coaching on a balanced program approach which included aspects of physical, social, occupational, intellectual and emotional wellness.
- Provided dedicated telephonic health coaching for approximately 50-90 patients per week per year to improve cholesterol, blood pressure, weight management, exercise, glucose, stress management, work-life balance, smoking cessation and other lifestyle impacts.
- Regarded as one of the top 5% of the coaching staff Mentoring responsibility for 15 monthly peer health coaches Corporate health educator in regards to wellness in the workplace.
- Coached senior executives and physicians on personal health changes Certified Wellness Program Manager, Health Coach and Corporate Health Educator.

January 2005 to January 2010 Company Name - City , State

- Provided objective direction, creativity and ideas in planning and delivering wellness initiatives.
- I developed results-oriented wellness program for the corporations and individuals.

- Program design included interventions for incentives, recognition campaigns and vendor selection.
- Structured a supportive environment so associates were encouraged and rewarded for a healthy lifestyle.
- Evaluated the outcomes in alignment with measurable goals and feedback.
- Designed and implemented a corporate wellness division for a health brokerage firm
- Authored and published "Healthy Profits: The 5 Areas of Strategic Wellness in the Workplace".
- Co-author in "Ignite Your Passion" and have been published in Corporate Wellness Magazine.
- Present to international, local and regional audiences concerning soft skills training and workplace wellness.

Manager of Retail Systems, Project Manager and Trainer

January 1997 to January 2005 Company Name - City , State

- Managed associates involving workflow, quality control, and conflict resolution and review process.
- Supervised the direction of multiple third party vendors in the development of corporate projects.
- Business liaison between external store automation and corporate business units.
- Trained True Value employees, trainers and members on corporate software projects under my control and direction.
- Project Manager for a \$1 million ground up in-store catalog/ordering system reaching 1000+ users.
- Coordinated a 40 member team in multiple states for over a two year period.
- Responsible for departmental management and direction with profit dollars in excess of \$6.5 million revenue.

Education and Training

Foundations of Motivational Interviewing I & II Motivational Interviewing, Mid-Atlantic

ATTC2012Dale Carnegie Multi-Certified Facilitator (5), Dale Carnegie - Chicago, IL2004 to

2011Intrinsic Coach® Development, Intrinsic Solutions International2010WellCert - Certified

Wellness Program Manager (CWPM) : 2007 Chapman Institute - City , State

Certified Professional Life Coach in Personal Life Coaching : 2004 Life Coach College - City , State

Bachelor of Science : Business Administration/Information Technology , 1981 Robert Morris

University - City , State Business Administration/Information Technology

Skills

approach, automation, balance, catalog, Coach, Coaching, conflict resolution, corporate training, creativity, client, direction, Educator, forms, instructor, leadership, materials, Mentoring, profit, Program design, quality control, Strategic, stress management, Structured, training programs, unique, workflow, author

Additional Information

- Honors and Activities Dale Carnegie Chicago "Above And Beyond The Call" Award" 2009
- Who's Who Among Executive and Professional Women - Cambridge "Honors Edition" 2008-2009 Vice-President, Treasurer and founding member of "Women's Leadership Network"
- 2006-2007 True Value Company "Above and Beyond Award" - (4) four time award recipient 1997-2005