

Chidi Ekeke

Chidiekeke18@yahoo.com • 817-679-1271 • Grand Prairie, TX 75052

LinkedIn: <https://www.linkedin.com/in/chidi-ekeke-038609172/> • Github: <https://github.com/chidibangzz/prework-about-me> • Website:

Full Stack developer profile

*Lifelong seeker of knowledge and Kinesiology graduate who currently has their sight set on
A full-time web development position. Experienced in HTML5, CSS3, JavaScript, jQuery,
Bootstrap, Angular JS, Firebase, Ionic Mobile Framework, Node Js, MySQL, MongoDB,
Express & Handlebars JS. Superior knowledge in sciences and proficient in Spanish
Strong communicator able to develop a rapport with clients to boost satisfaction and business retention.*

— Areas of Key Emphasis —

- Sales & Revenue Growth
 - Client Consultations
 - Personal Training Services
 - Program Development
 - Screenings & Medical Reviews
 - Productivity & Efficiency
 - Progress Reviews & Reports
 - Customer Service & Satisfaction
 - Exceeding Profit Goals
 - Innovation & Creativity
 - Health & Wellness
 - Nutrition & Meal Planning
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Signature Achievements

Successfully conceptualized and delivered a powerful exercise program specifically design for clients with Psoriatic Arthritis that would safely allow them to lose 20 pounds under attentive supervision.

Demonstrated a deep understanding of multiple physical and muscular conditions by preparing fitness plans for those suffering a range of diseases including COPD and Osteoporosis.

Customized exercises to meet the personal needs of each client including those with high blood pressure and diabetes and positioned them to achieve their health goals.

Professional Experience

Certified Diabetes Prevention Health Coach | Prime Care Health Solutions, Dallas TX July 2019 - Present

Offer in depth advice about solution care

Additional Key Contributions:

- Facilitate curriculum from the CDC for Prime care health members enrolled in our diabetes/weight management class. Responsible for creating, energetic, creative teaching environment that allows for high levels of learning.
 - Develops health plans for individuals to decrease elevated blood sugar levels by helping clients lose weight and maintain a healthy lifestyle according to the CDC.
 - Record weekly weigh ins, food logs, action plan journal, fitness logs books and material review
 - Offer private personal training sessions in our fitness studio for interested members
 - Health seminar outreaching for potential members to engage in our diabetes/health management class and continuing education.
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Certified Personal Trainer/ Group fitness instructor | LA Fitness, Hurst, TX

October 2018 - Present

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Maximize sales growth by successfully executing in-depth consultations with clients, providing deep insight into physical anatomy and muscular groups, and explaining the strategies behind physical training programs to target specific areas of the body. Informing clients based off science based information about injuries to prevent further damage, reaching clients goals of strength, hypertrophy, power muscular endurance flexibility and mobility. Optimize client satisfaction by keeping progress and showing them their progression and maintaining pristine documentation to track and reveal their progress, further motivating them to continue working and using the flow chart method to keep adherence to a program. Record vital signs at the beginning and end of workout, Perform stress tests for allowed clients, incorporate functional training to help clients achieve everyday task, host group training classes in the form of HITT and modifications based of populations class and size. Average class ranges from 5-10

Additional Key Contributions:

- Customize each program to fit the specific needs, physical proportions, and health conditions of each client to ensure safe weight loss, muscle toning, strengthening, and stamina increase.
- Protect clients' privacy by handling sensitive information discretely and maintaining organized filing systems.
- Repeatedly outpace sales goals by sharpening closing methods and bringing in continuous business.
- Proficiently manage 36 clients on a weekly basis for one-on-one training and adhere to strict scheduling.

Kika Stretch Coach | We Work studios, Dallas TX

April 2019- Present

Perform either 45 minute or hour long full body passive assistive stretching. Performs hands on tension release techniques to help obtain optimal range of motion and flexibility. Responsible for marketing/selling stretch packages. Share PowerPoint Presentation of informing client about our method/what to expect during and after our sessions.

- Customize appropriate stretch to help client maximize tension release
- Stretch every muscle group with correct amount of pressure to help obtain optimal ROM
- Attend seminars to teach the Kika method and acquire new members
- Sell packages to new and existing clients to meet monthly quota

Event Specialist | A Plus Staffing, Dallas, TX

June 2016 - Present

Mobilize a team of highly-qualified sales professionals and deliver proven techniques and methods that will enhance revenue growth and results. Drive new business acquisition by illustrating the value in company services and appealing to target audiences through consumer-facing advertisements and pitches. Exemplify a strong product knowledge to accurately identify satisfactory options based on customer needs and requests. Further boost sales growth by upselling products and relaying all sales and promotions correctly. Operate with efficiency and productivity on a daily basis.

Additional Key Contributions:

- Take charge over the successful execution of events through strategic planning, timeline establishment, and itinerary development; spearhead multiple projects simultaneously through excellent time management.
- Exhibit unmatched leadership skills by providing ongoing mentorship and coaching while displaying a passion for the professional growth of team members; go above and beyond to meet and exceed sales goals.

Supply Management Associate | Cook's Children's Hospital, Fort Worth, TX

July 2018 - October 2018

Mitigated the depletion of items and ensured stock levels were full through regular calculation of inventory and efficient ordering. Reduced costs by implementing lean processes and limiting orders to a needs base. Coordinated with external partners and monitored scheduled delivery calendars to assure timely arrivals. Integrated use of innovative technology to increase accuracy and simplicity of tracking orders and stock levels.

Additional Key Contributions:

- Developed a strong rapport with supply managers and joined efforts in maintaining stocked items.
- Organized supplies to minimize search time for specific items and further systemize inventory checks.
- Reviewed shipments to identify the absence of damage and verify the accuracy of deliveries.

Internship | Baylor Scott & White Clinic, Grand Prairie, TX

2017 November- 2018 January

Shadowed experienced Physical Therapist, took extensive notes of a variety of injuries along with musculoskeletal injuries and exercises for each individual client, built great rapport with clients. Was challenged by physical therapist weekly to demonstrate physically and verbally about safety procedures, therapeutic exercises needed to help each client, and muscles needed to be strengthened.

Internship | Core Physical Rehabilitation, Richardson, TX

2019 - Present

Shadowed Lead Exercise Physiologist, learned about fascia smoothening to increase flexibility and mobility in patients. Learned about Therapeutic exercises for clients with limited equipment and hands on experience where I got to practice the techniques.

Education

Bachelor of Science, Kinesiology (earned in 2017)

Texas Tech University, Lubbock, TX

Ekg and Stress Tech certification (earned 2020)

Tarrant County College, Arlington, TX

Certifications & Additional Credentials

NAHP certified EKG technician

NAHP certified Stress Tech

BLS, CPR and AED certified

NDPP-(National diabetes prevention coach) certified

ACE certified Personal Trainer

Technology

Microsoft Office Suite (Word, Excel, PowerPoint, Outlook), Stress testing operations