

SARAH WAWERU

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Professional Summary

Articulate Nutrition and Dietetics Officer bringing focus on continuous improvement. Achievement oriented leader skilled in strategic planning and management. Familiar with successful approaches for getting the most out of every team member. Good at working with bare-bones resources in fast paced environments to achieve remarkable results. Talented with natural talent for leading and motivating people to achieve challenging objectives. Quick learner and attentive to details. Hardworking focused on completing work quickly.

Skills

- Policy administration
- Prioritization
- Coordination
- Analytical thinking
- Training
- Candidate interviews
- Build successful teams
- Creative thinking
- Verbal communication
- Planning
- Collaboration
- Customer relations
- Plan projects

Experience

ASSISTANT CHIEF NUTRITION OFFICER

Jan 2006 - Current

KENYATTA NATIONAL HOSPITAL - NAIROBI

- Compiled statistical data and prepared nutrition studies and periodic reports to summarize activities and evaluate program effectiveness.
- Functioned within interdisciplinary team to develop nutritional care plans for individuals and work towards consensus to support consumer goals.
- Instructed patients and families in nutritional principles, diet and food selection.
- Developed individualized therapeutic menus for common diseases to meet special needs of consumers.
- Planned, organized and conducted individual or group instruction sessions on food and medical nutrition therapy to facilitate patient understanding.
- Consulted with physicians and health care personnel to assess and determine individual nutritional needs, menus and diet restrictions.
- Developed, implemented and evaluated nutritional care plans for regular and modified diets based on assessments of diet restrictions and other health plans.
- Planned, conducted and published research to advance collective understanding of diet and nutrition.
- Planned and prepared grant proposals to request program funding.
- Hired, trained and supervised workers to prepare and serve meals.

- Recommended policy changes to help people make healthier and well-informed food choices.
- Encouraged open communication and team engagement to improve employee morale.
- Prevented or resolved conflict before escalation to build stronger team.
- Coordinated resources and equipment to help employees meet daily targets.
- Monitored, tracked and evaluated associate performance based upon pre-determined KPIs.
- Led team meetings and brainstorming sessions to evaluate goal progress and support project deadlines.
- Managed team resource allocation to optimize productivity and reduce downtime.
- Trained employees to follow standard work processes and learn role-specific skills.
- Coached team to develop skills and overcome weaknesses to reach goals.
- Collaborated with team to encourage open sharing of ideas and solutions.
- Documented daily operational data and communicated results to management.
- Prioritized workflow and resolved daily operational challenges to support goal achievement.

Education

Master of Science : Applied Human Nutrition *Sep 2020*
University of Nairobi - Nairobi

Higher Diploma in Human Resources : Business Technical Education Programme *Jul 2009*
The Kenya National Examination Council - Nairobi

Bachelor of Home Economics : Family and Consumer Studies *Oct 2000*
Kenyatta University - Nairobi

Languages

English, Fluent

Registered Nutritionist/Dietician By KNDI

Kenya Nutritionists and Dieticians Institute