

EMMA JOHNSON

Senior Health and Wellness Coach

✉ support@qwikresume.com ☎ (123) 456 7899 📍 Los Angeles 🌐 www.qwikresume.com

PROFESSIONAL SUMMARY

Accomplished Senior Health and Wellness Coach with a decade of experience driving client success through personalized coaching strategies. Expert in behavior modification and holistic health practices, I empower individuals to achieve sustainable wellness. My commitment to fostering a transformative environment ensures lasting health improvements and motivates clients to reach their full potential.

WORK EXPERIENCE

Senior Health and Wellness Coach

Maple Leaf Consulting

📅 Apr / 2019-Ongoing

📍 Toronto, ON

1. Leveraged Motivational Interviewing techniques to support participants in overcoming tobacco addiction.
2. Coached an average of 30 individuals weekly, providing personalized guidance tailored to their unique challenges.
3. Developed customized strategies to address individual barriers, enhancing participant resilience and coping skills.
4. Maintained detailed records of participant progress, documenting triggers and motivations to inform future sessions.
5. Specialized in coaching pregnant and postpartum clients, recognized for high-quality support and expertise.
6. Led intake processes for new participants, ensuring a seamless onboarding experience aligned with client goals.
7. Conducted group training classes, fostering community support and shared learning among participants.

Health And Wellness Coach

Lakeside Apparel Co

📅 Apr / 2015-Apr / 2019

📍 Chicago, IL

1. Served as an Emerald Beachbody Health and Fitness Coach, inspiring individuals to commit to healthier lifestyle changes.
2. Performed needs assessments to gauge interest and satisfaction in wellness programs, enhancing service offerings.
3. Designed and executed marketing campaigns promoting health initiatives and wellness participation.
4. Recommended innovative programs and services to drive wellness engagement and revenue generation.
5. Provided individualized wellness and nutrition support, addressing client-specific health concerns.
6. Organized and managed health-focused events, such as Bootcamps and Wellness Challenges, to encourage community participation.

EDUCATION

Bachelor of Science in Health Promotion

University of Health Sciences

📅 Apr / 2012-Apr / 2015

📍 Denver, CO

Studied health promotion strategies, behavior change theories, and wellness program development.

SKILLS

Program Development

Exercise Planning

Client Assessment

Health Education

ACHIEVEMENTS

- 🌟 Increased participant retention by 30% through tailored coaching programs.
- 🌟 Developed and implemented a wellness curriculum that improved client health metrics by 25%.
- 🌟 Facilitated over 200 successful group coaching sessions, enhancing community engagement.