



# AVA DAVIS

RN Health Coach

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## SKILLS

### Goal Setting



### Health Program Management



### Client Relationship Management



### Networking Skills



### Wellness Strategies



### Resource Management



## INTERESTS

- 📖 Birdwatching 🧳 Traveling
- 🏆 Sports Coaching 🧶 Knitting

## STRENGTHS

- 🔗 Pragmatism 🍃 Sensitivity
- 💖 Sincerity 📌 Stability

## LANGUAGES



## ACHIEVEMENTS

- 🌟 Implemented a weight management program that resulted in a 30% reduction in client BMI over six months.
- 🌟 Developed and led a workshop series on nutrition that increased participant knowledge by 40%, as measured by pre- and post-assessments.

## PROFESSIONAL SUMMARY

Dynamic RN Health Coach with 5 years of experience in empowering individuals to achieve their health objectives through personalized coaching and evidence-based strategies. Adept at developing tailored wellness plans and fostering long-term behavioral changes. Committed to enhancing patient engagement and promoting sustainable health improvements for diverse populations.

## WORK EXPERIENCE

### RN Health Coach

📅 Jun / 2022-Ongoing  
📍 Denver, CO

WidgetWorks Inc.

1. Delivered personalized coaching and ongoing support to clients seeking weight loss and health improvement through evidence-based strategies.
2. Led engaging group workshops and classes focused on nutrition, exercise, and wellness, positively impacting community health.
3. Facilitated an 8-week health coaching program, guiding participants to achieve measurable health goals.
4. Conducted biometric screenings and health assessments, providing clients with actionable feedback for their wellness journeys.
5. Developed curriculum for health education classes, addressing diverse topics for varied audiences.
6. Collaborated with healthcare professionals to align client care plans with health coaching strategies.
7. Organized and led community outreach events to promote health and wellness initiatives.

### Health Coach

📅 Jun / 2020-Jun / 2022  
📍 Seattle, WA

Silver Lake Enterprises

1. Guided clients in setting achievable health goals, enhancing their motivation and commitment to wellness.
2. Utilized social media to cultivate a community focused on healthy living and lifestyle products.
3. Conducted team-building workshops aimed at developing leadership skills and personal growth among clients.
4. Implemented a no-pressure approach to client interactions, fostering trust and open communication.
5. Created and maintained a supportive network for clients to share their health journeys.
6. Promoted a cellular nutrition regimen crucial for effective health management.

## EDUCATION

### Bachelor of Science in Nursing

📅 Jun / 2018-Jun / 2020  
📍 Denver, CO

University of California, San Diego

Focused on nursing practices and patient care, emphasizing holistic health and wellness.