Robert Smith

Holistic Health Coach

CONTACT DETAILS

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PERSONAL STATEMENT

Obtain a Holistic Health Coach position that will fully utilise my skills and offer an opportunity for professional growth, Collecting basic relevant data to identify clients preliminary well-being risk level and appropriate triage of information, Providing wellness and stress intervention during regular and irregular work hours.

WORK EXPERIENCE

Holistic Health Coach

ABC Corporate - June 2013 – 2022

Responsibilities:

- Showed client how to balance all aspects of life in order to reach optimum health.
- Taught the client to focus on eating more whole foods, less processed foods & to cook more at home.
- Gave cooking lessons & introduce new & healthy ingredients, as well as introduce ways to make their favorite foods healthier & from scratch.
- SCCs will worked as part of the H2F Performance Team to develop, implement, and oversee a comprehensive, periodized education and services program integrated and synchronized with the BDE and Battalion (BN) training calendars. Success is determined by the ability of the BDE to perform its combat mission.
- SCCs will performed services IAW the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) or the Strength and Conditioning Coach Certified (SCCC) through the Collegiate Strength and Conditioning Coaches Association (CSCCA) Scope of Practice.
- Supported quality assurance efforts, ensuring all work performance aligns with H2F objectives.
- Experienced providing forward musculoskeletal (MSK) care, early medical intervention, injury prevention (IP) and performance optimization services.

Holistic Health Coach

Delta Corporation - 2010 – 2013

Responsibilities:

- Provide clients with weekly health coaching consultations to achieve weight loss goals Life coaching for a healthier lifestyle that would include .
- Owner Health Coaches play a supportive role in transforming lives for the better.
- Clients achieve results by learning about themselves through incredible dietary and lifestyle changes.
- Kendal Community Center/Catholic Church - Kendal, UK The offering of classes and workshops in the villages of Kendal, Oxenholm and Ambleside were .

SKILLS

Proficient In Microsoft Office/Mac Applications, Computer And Electronic Systems Literate.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference – 1 (Company Name)
Reference – 2 (Company Name)

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- Aids young women in achieving their health goals through focus on proper nutrition and exercise Teaches the importance of whole body health.
- Support and guide clients to be happy, healthy and whole Meet twice monthly to set achievable goals about how to make better choices towards improved .
- Coaching/training groups and individuals on leadership Coaching families to help improve communication and team building Consulting with small and .

Education

GED

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