

AMELIA MOORE

Wellness Coach

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

PROFESSIONAL SUMMARY

With 7 years of experience as a Wellness Coach, I specialize in guiding individuals toward healthier lifestyles through personalized wellness plans. My expertise includes holistic health assessments, behavioral coaching, and developing engaging programs that promote physical and mental well-being. I am dedicated to empowering clients to achieve their health goals by fostering a supportive and motivating environment.

WORK EXPERIENCE

Wellness Coach

Seaside Innovations

📅 Apr / 2020-Ongoing

📍 Santa Monica, CA

1. Guided individuals in developing personalized wellness plans tailored to their unique needs and goals.
2. Conducted health assessments to identify areas for improvement and establish actionable strategies.
3. Facilitated group workshops focused on nutrition, fitness, and mental well-being.
4. Provided ongoing support and motivation to clients, fostering accountability and progress.
5. Collaborated with healthcare professionals to ensure comprehensive care and support.
6. Utilized motivational interviewing techniques to encourage positive behavioral changes.
7. Monitored and evaluated client progress, adjusting plans as necessary to meet evolving needs.

Living Skills Advisor

Lakeside Apparel Co

📅 Apr / 2018-Apr / 2020

📍 Chicago, IL

1. Supported individuals with disabilities in achieving daily living skills and independence.
2. Documented client progress and communicated effectively with families and care teams.
3. Developed and implemented activities to enhance social skills and community engagement.
4. Assisted clients in navigating healthcare resources and services.
5. Facilitated communication between clients and their support networks to ensure comprehensive care.
6. Promoted a positive and inclusive environment that fosters personal growth.

EDUCATION

Bachelor of Science in Health and Wellness

University of Colorado

📅 Apr / 2016-Apr / 2018

📍 Phoenix, AZ

Focused on holistic health practices, nutrition, and wellness coaching techniques.

SKILLS

Behavioral Coaching

Facilitation Skills

Research Skills

Report Writing

ACHIEVEMENTS

- ★ Developed a wellness program that increased client engagement by 30%.
- ★ Facilitated workshops that improved clients' stress management skills, resulting in a 25% reduction in reported stress levels.
- ★ Implemented a tracking system for client progress, enhancing accountability and motivation.