

# ROBERT SMITH

## Wellness Specialist/Representative

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Compassionate and driven Health and Wellness Coach with more than five years of experience in the field, as well as a comprehensive background in mental health counseling and support.

## EXPERIENCE

### Wellness Specialist/Representative

#### Project Transition - SEPTEMBER 2012 - 2020

- Conducted Metabolic Risk Assessments to determine the clients health needs, implementing wellness plans to include fitness.
- Assisted clients with modifying behaviors to ensure sustainability.
- Facilitate individual and group wellness seminars and educational sessions, including on topics such as diabetes management, high blood pressure.
- Ensured compliance with all regulations and guidelines.
- Coached and guided clients, while also supporting the management of metabolic syndromes, to ensure achievement of health and wellness goals.
- Conducted screenings for blood pressure, waist circumference, weight, and BMI measurements on a quarterly basis.
- Monitored and tracked results and progress from quarterly comprehensive metabolic panels.

### Wellness Specialist

#### ABC Corporation - 2010 - 2012

- I consulted with departmental leaders to identify and implement strategic, innovative and sustainable programs to stimulate healthy behavior, improve overall work environment and support positive coworker interactions.
- Offered one-on-one biometric feedback sessions for employees to see in real-time the impact thoughts, feelings, ruminations, etc have on ones emotional and overall health.
- Worked with internal partners and external vendors to coordinate, organize and host employee health and wellness fairs quarterly.
- I organized the Wellness Ambassadors program and facilitated the graduation of of 55 employees to be wellness leaders in their department.
- Researched, designed and implemented emotional wellness programs and educational materials to meet the health education needs that support the institution-wide wellness strategy.
- My primary focus was on behavior change with specific emphasis on stress management, enhancing resiliency, burnout prevention,

overcoming emotional eating and other extreme behaviors.

- Skills Used I utilized a variety of skillsets for this job including dynamic teamwork on projects, efficient communication, both written and spoken, marketing and advertising for employee wellness events, and organizational skills as well..

## **EDUCATION**

- Certified Health Coach in Holistic Integrative Nutrition - 2010(Institute for Integrative Nutrition New York - New York, NY)

## **SKILLS**

Health And Wellness Coaching, Problem Solving Skills.