

Nutrition Coach | Personal Trainer | Coach

I identify opportunities by understanding client needs and providing easy to implement habit changes and mindset coaching to maximize performance in the office and in the gym, all while creating a healthier relationship with one's body and food. I am a forward-thinking, data-driven, and open-minded nutrition coach with extensive experience developing coaching programs that deliver results for clients from a diverse range of backgrounds, with a wide variety of goals. I do this by cultivating trusting relationships with my clients.

RELEVANT SKILLS

Building Strategic Relationships
Collaborative Solution Development
Skilled | Engaging Communicator

Content Creator – Canva, YouTube
Flexibility and Adaptability
Client Engagement

Project Management
Client Retention & Growth
Program Creation - ProCoach

EXPERIENCE

Lifelong Diet by Design, Virtual

NUTRITION COACH AND OWNER

Jan 2019 - Present

Developed and implemented strategic nutritional guidance and fitness programs, focusing on sustainable health solutions for clients aged 30-65, with an emphasis in behavior change.

- Coach over 50 clients to their nutrition-related goals
- Hold at least 10 weekly zoom calls lasting 30-60 minutes
- Daily community engagement through Facebook and ProCoach

Precision Nutrition, Virtual

June 2023-Oct 2023

COMMUNITY ENGAGEMENT MANAGER

Created content strategies and customer engagement projects to build and grow a brand new consumer-facing community, working closely with the Director of Community Engagement and community moderators.

- Quadrupled engagement from 52.60% to 226.15% in 3 months
- Tripled active members from 559 to 1498
- Increased group membership threefold

Lenoir Rhyne University, Hickory, North Carolina

Oct 2021-May 2023

RESIDENT DIRECTOR

Used data and outcome based decision-making to create and execute biweekly projects along with my team of 5 Resident Assistants, ran and moderated monthly team meetings using Non-Violent Communication Principles.

- Managed and communicate with a roster of 50 residents
- Planned and organize biweekly school wide events for all residents
- Maintained positive relationships with residents and enforce policies

EDUCATION

MBA in Business Administration with Honors, Social Impact Concentration

Lenoir Rhyne University, Hickory, NC

BA in Psychology with Honors, Applied Workplace Leadership Minor

Northern Michigan University, Marquette, MI

RELATED INTERSHIPS

Strength and Conditioning Intern at Lenoir Rhyne University

2023

Premier Sport Psychology Spring Intern

2020

American Board of Sport Psychology Year Round Fellowship

2020

American Board of Sport Psychology Summer Research Internship

2020