

Qualifications Profile

Results-driven and ambitious **Health Coach** with solid experience in neurofeedback and brain fitness coaching in a self-built entrepreneurial consulting business designed to motivate, educate, and achieve success for clients ready to change their health and fitness regimen.

- Clinical expertise in mentoring and learning from professionals, clients, and colleagues who have similar goals of healthy well-being and desire for positive life change. Assess well-being of clients in regard to mental and health wellness; Refer to other healthcare providers and educators when required. Offer patient education about how nutrition, sleep, exercise, stress and social habits impact brain health and function.
- Skilled in supporting new business development and enhancement and establishing rapport with prospective clients and vendors.
- Adept at time management, scheduling, promoting pertinent health ideas and technology, and recognizing the need for additional professional interventions.
- Excellent interpersonal skills; foster and fortify partnerships with multidisciplinary providers to advocate the best possible regimen for patients. Interact with clients to manage stress, improve performance and collaboratively design a goal of total well-being.
- Strong project management talents; capable of leading teams to complete projects within focused time and budget restraints. Monitor client progress using progress tracking tools.

Professional Experience

BRAIN FITNESS, LLC, Fishers, Indiana

Certified Health Coach | Owner, 1/2014 – Present

Consult and assess clients in an effort to determine the best fit for neurofeedback training and health coaching services. Establish wellness vision, weekly, three- and six-month SMART goals for health coaching clients. Supervise and progress tracking of all in-office neurofeedback appointments in accordance with maintenance protocol, making recommendations as implicated. Determine motivation, stage of readiness for change, past and present progress limitations, and extrinsic constraints for goal attainment specific to each client. Schedule and make appointments, handle all advertising and publicity matters including exhibiting at local health fairs, mental health facilities, education symposiums. Manage payments, invoicing, and all other business accounting.

- **Developed business strategy for self-built company the first of its kind in the immediate vicinity**, in accordance with financial objectives, best care practices for patients and desired outcomes, with focus on optimum health and fitness goals to help patients become healthier and more confident in their health and life choices.
- **Enhanced profitability and maintained market competitiveness** through comprehensive analyses of numerous factors and determination of services offered.
- **Completed over 7,000 hours of neurofeedback training and brain fitness coaching** and operated as owner, advertiser, and accountant for health coaching business.

Educational Background

Bachelor of Arts in Cognitive Studies, Minor in Psychology | 2018 | *Graduated Magna Cum Laude*
ASHFORD UNIVERSITY – San Diego, California

Certifications

Institute of Integrative Nutrition | January 2018 – January 2019
CERTIFIED INTEGRATIVE NUTRITION HEALTH COACH

WellCoaches | March 2017 – July 2018
CERTIFIED PROFESSIONAL HEALTH & WELLNESS COACH, CHWC

Nesta | June 2017 – January 2018
NATIONAL EXERCISE SPORTS TRAINING ASSOCIATION
CERTIFIED BRAIN FITNESS COACH, CBFC

Zengar | January 2013
NEUROPTIMAL BRAIN TRAINING SYSTEMS
CERTIFIED BASIC AND ADVANCED BRAIN TRAINING
CERTIFIED NEUROFEEDBACK TRAINER

Affiliations

AMERICAN PSYCHOLOGICAL ASSOCIATION | MEMBER
INTERNATIONAL COACHING FEDERATION | MEMBER
AMERICAN ASSOCIATION OF DRUGLESS PRACTITIONERS