

George Thompson

Wellness Coach

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Profile Summary

Dynamic and compassionate Wellness Coach with over 5 years of experience in designing personalized wellness plans and health education programs. Proven track record of improving client mental and physical health through holistic lifestyle changes. Committed to empowering individuals to achieve wellness goals and enhance quality of life. Skilled in motivational interviewing, stress management, and nutritional counseling.

Work Experience

Senior Wellness Coach

Holistic Health Center

1st June, 2019 - 30th Sep, 2023

- Developed and implemented personalized wellness programs for over 150 clients, resulting in a 90% success rate in achieving client-set health goals.
- Conducted bi-weekly group workshops on stress management and mindfulness, which led to a 40% improvement in client stress assessment scores.
- Collaborated with a multidisciplinary team to create a comprehensive wellness curriculum increasing client engagement by 25%.

Wellness Coach

Peak Health Coaching

1st Jan, 2017 - 31st May, 2019

- Provided one-on-one coaching sessions that achieved a 75% improvement in clients' physical activity levels.
- Implemented a new coaching methodology which enhanced client retention rate by 30%.
- Facilitated 12 community wellness events with an average attendance increase of 20% each year.

Education

Harvard University

Bachelor of Science in Psychology

1st Sep, 2012 - 15th May, 2016

Institute for Integrative Nutrition

Certified Health Coach

1st Aug, 2016 - 31st Jul, 2017

Skills

Health Coaching, Nutritional Counseling, Stress Management, Motivational Interviewing, Program Development, Workshop Facilitation

Notable Projects

Community Wellness Initiative

Designed and executed a community-focused wellness initiative aimed at increasing physical activity and nutritional awareness among local residents, resulting in a 15% reduction in community obesity rates over one year.

Certifications

Certified Health Coach

Issued by Institute for Integrative Nutrition, 1st May, 2017

Awards

Best Wellness Professional

Awarded by National Wellness Institute, 1st Jun, 2020