
WELLNESS COORDINATOR RESUME

Summary:

An outstanding wellness buff who identifies and promotes wellness activities and techniques to enhance the well being of the employees; has the ability to assist in identifying employees wellness needs and develop and implement strategies to address these needs; has provided also validating tools to get desired results to meet program objectives; has developed strong working relationship with the state health plan and other wellness provides to build relationship with key personnel in the state agencies and universities; has been part in developing and putting to action the business case for revitalized health care options.

Professional Experience:

System Wellness Coordinator January 2007 – Present
AmerisourceBergen Corporation, Albany, NY

Responsibilities:

- Initiated the whole stages of all health components program available to all employees of the company.
- Provided expertise to the wellness staff and work in correlation with other departments in the health system to enhance employees' health and wellness.
- Conducted ongoing program expansion, execution and evaluation and coaching/ counseling to all staff.
- Conferred with different departments in delivering specific health related materials to health program participants.
- Participated in the collation of reports which combines the health education calls made to clients' participants.
- Directed the flow of important data and materials between the employees and individual employer units.
- Facilitated meetings and other communications for both internal and external employees.

Onsite Health/Wellness Coordinator May 2004 – December 2006
CHASE Professionals, Albany, NY

Responsibilities:

- Conducted individual risk health education based on employees' completed health risk appraisal.
- Extended assessment of risk areas and provided referral to appropriate resources to address the risk.
- Analyzed and delivered personal client coaching through a combined reflective listening and identification of readiness to change attitude.
- Handled participants' progress through counseling to monitor the stages of change for at-risk behavior.
- Utilized motivational one-on-one Interviewing techniques to elicit behavior change and reduce participant aggressiveness toward the program.
- Enhanced the health lifestyle behaviors and overall health of participants through specific programs fitted to their needs.

Health Promotion/Wellness Coordinator February 1999 – May 2004
First McKesson, Albany, NY

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Onsite Health/Wellness Coordinator May 2004 – December 2006
CHASE Professionals, Albany, NY

Education:

Masters Degree in Public Health, University of Iowa, 1999
Business of Arts in Physical Therapy, Rockefeller University, 1994

Skills:

- Good customer service skills
- Good administration skills
- Excellent written and verbal communication skills

- Good organizational and management skills
- Excellent leadership and interpersonal skills

Awards and Affiliations:

Wellness Peer Education Program, Coordinator
Wellness Councils of America, Member

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