



Howard Wright

WELLNESS COACH

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Details

Driving license

Full

Place of birth

San Antonio

Profile

Wellness Coach with 6+ years experience in clinical nutrition and a focus on wellness. Energetic, self-motivated team member dedicated to providing clients with the best possible nutrition care to enhance their quality of life and outcomes. Effective in applying measures to improve nutrition-related client care. Skilled with nutrition care processes and electronic medical records.

Employment History

Wellness Coach , The Zen Academy, Seattle

January 2018 — July 2021

Taught large and small groups about achieving goals, wellness topics, and lifestyle changes.

- Developed and instigated monthly wellness programs.
- Collaborated with client management on how best to serve the population.
- Established rapport with employees and client management and instructed during safety meetings to prevent injury and health promotion.
- Custom-made specialized one-on-one coaching sessions that helped clients to achieve their goals.

Wellness Coach, YMCA, Manggar

July 2021 — July 2021

Provided swift, polite, and professional services for members, clients, and guests of the YMCA.

- Helped clients with achieving their fitness/ wellness goals with coaching and personal training sessions.
- Designed and maintained professional levels of customer service with clients and guests.
- Conducted health assessments on members and clients, consisting of blood pressure, body composition, and fitness levels.
- Directed comprehensive orientations on exercise programs and equipment for members.
- Guaranteed a clean, safe setting within the Wellness Center.

Education

B.S in Exercise Sciences, Starfish Holistic Institute, Orlando

July 2021 — Present

Head Wellness Coach Accreditation, Wisconsin State University, Madison

January 2019 — November 2020

- *Collected 650 supervisory hours.*

Links

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Skills

Yoga Asana



Private Instruction



Anatomy



Physiology



Achievements

- Worked together with clients' safety team, studying injury reports and mechanism of injury. Noticed a decreased rate of injury by 30% over seven months.
- Arranged and executed comprehensive fitness assessments and created over 250 personalized workout programs based on the individual from ages 14- 82.
- Educated 120 elementary school learners concerning healthy eating, led exercises, and activities in an afterschool program for three months.
- Instigated employee movement program and decreased number of employee injuries by 64%.

Hobbies

Rugby, Cricket, Athletics

Languages

English



German

