

AJ

Aliya Jackson

Health & Wellness Coach

Board-certified health and wellness coach with two years of experience empowering clients to achieve sustainable lifestyle changes. Recognized for creating personalized care plans and collaborating with interdisciplinary teams to provide holistic support.

Contact



(123) 456-7890



aliyajackson@example.com



LinkedIn



San Francisco, CA 94105

Key Skills

- Behavior change models
- Chronic pain management
- Motivational interviewing

Education

B.S. in Kinesiology

San Francisco State University, San Francisco, CA | June 2022

Professional Experience

HEALTH & WELLNESS COACH | VIORI HEALTH, (REMOTE)
JUNE 2023 – PRESENT

- Oversee a caseload of 75 patients and facilitate 150+ virtual consultations per month.
- Drive an 85% success rate in clients achieving primary health goals within six months.

CERTIFIED PERSONAL TRAINER | ANYTIME FITNESS, SAN FRANCISCO, CA
JANUARY 2022 – MAY 2023

- Managed 200 personal training sessions per month for 50+ members.
- Improved client retention by 25% through goal-setting and consistent motivational check-ins.

Certifications

- Board Certified Health & Wellness Coach (NBHWC), January 2023
- CPR & AED Certified (American Red Cross), January 2022