



David Lee

Corporate Health Coach

Corporate health coach with four years of experience designing on-site wellness programs for Fortune 500 clients. Expertise in habit change and ROI measurement.

PROFESSIONAL EXPERIENCE

CORPORATE HEALTH COACH

WELLCORP INC., NEW YORK, NY | FEBRUARY 2022 – AUGUST 2023

- Managed wellness programs for 1,000+ employees, achieving a 70% participation rate.
- Measured a 15% reduction in health-plan costs through targeted interventions.

HEALTH PROMOTION SPECIALIST

FITLIFE CORPORATE WELLNESS, NEW YORK, NY | JUNE 2019 – JANUARY 2022

- Launched stress-management workshops for 300 employees, lowering absenteeism by 8%.
- Developed digital wellness portal used by 60% of staff monthly.

EDUCATION

M.P.H.

Columbia University, New York, NY | May 2019

B.S. in Public Health

NYU, New York, NY | May 2017

KEY SKILLS

- Program ROI measurement
- Behavior-change frameworks
- Corporate communications

CERTIFICATIONS

- NBHC Certified Health Coach, May 2020
- CPR Certified, June 2018



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