

Katherine Mitchell

Certified Health & Wellness Coach

- National Board Certified Health & Wellness Coach with 4+ years of experience guiding clients through sustainable lifestyle transformations
- Specialized expertise in stress management, plant-based nutrition, and corporate wellness program development
- Proven track record of achieving 85% client retention rate and facilitating average 20% improvement in client wellness metrics
- Collaborative approach working alongside healthcare providers to support chronic disease prevention and management
- Fluent in virtual coaching platforms with experience serving diverse populations across individual and group settings

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PROFESSIONAL EXPERIENCE

Wellness Partners Medical Group Senior Health Coach

2022 - PRESENT

- Guide 35+ clients monthly through personalized 16-week transformation programs, achieving 88% program completion rate and average 25% reduction in stress-related symptoms
- Collaborate with physicians and dietitians to support pre-diabetic patients, helping 40+ clients achieve normal A1C levels within 6 months
- Developed evidence-based group coaching curriculum for chronic pain management, now implemented across 3 clinic locations
- Maintain detailed client progress documentation using Epic EHR system, ensuring seamless communication with medical team
- Facilitate monthly "Mindful Living" workshops for 15-20 participants, consistently achieving 95% satisfaction ratings

TechForward Solutions Corporate Wellness Coach

2021 - 2022

- Designed and implemented comprehensive wellness program for 200+ employees, resulting in 30% reduction in stress-related sick days
- Conducted bi-weekly lunch-and-learn sessions on nutrition, stress management, and work-life balance with 85% average attendance
- Provided one-on-one coaching support to 25 high-stress executives, achieving 90% client satisfaction and 15 internal referrals
- Created digital wellness resource library accessed by 150+ employees monthly, including meal prep guides and mindfulness exercises
- Collaborated with HR to integrate wellness metrics into employee engagement surveys, tracking 40% improvement in wellness-related satisfaction

Community Wellness Center Health Coach

2020 - 2021

- Supported 50+ diverse clients through individual coaching sessions, specializing in sustainable weight management and habit formation
- Led "Plant-Powered Living" group program for 12-week cycles, helping participants achieve average 15-pound weight loss
- Developed culturally responsive coaching materials for Spanish-speaking community members, serving 20+ bilingual clients
- Coordinated with local healthcare providers to ensure appropriate referrals and scope of practice compliance
- Mentored 3 new health coach interns, providing guidance on client communication and professional boundary setting

EDUCATION

University of Colorado

2019

Master of Science in Health Promotion

- Relevant Coursework: Behavior Change Theory, Community Health Assessment, Chronic Disease Prevention
 - Thesis: "Motivational Interviewing Techniques in Workplace Wellness Programs"
 - Graduate Research Assistant: Conducted wellness program evaluation for local nonprofit organizations
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Colorado State University

2017

Bachelor of Arts in Psychology

- Concentration: Health Psychology and Behavioral Medicine
 - Relevant Coursework: Abnormal Psychology, Research Methods, Statistics, Human Development
 - Dean's List: 4 semesters
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CERTIFICATIONS

National Board Certified Health & Wellness

2020

Coach (NBC-HWC)

National Board for Health & Wellness Coaching

Institute for Integrative Nutrition Health Coach

2020

Certification

Institute for Integrative Nutrition

Motivational Interviewing for Healthcare

2021

Professionals, MINT Certified

Motivational Interviewing Network of Trainers

Plant-Based Nutrition Certificate

2023

Cornell University Online

Trauma-Informed Coaching Practices

2022

Wellness Institute

Mindfulness-Based Stress Reduction (MBSR)

2021

University of Colorado

CPR/First Aid Certified

CURRENT THROUGH 2025

American Red Cross

CORE COMPETENCIES

Coaching Specialties

- Motivational interviewing and behavior change techniques
 - Stress management and mindfulness-based interventions
 - Plant-based nutrition guidance and meal planning
 - Chronic disease prevention and lifestyle modification
 - Corporate wellness program development and implementation
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Technical Proficiencies

- Virtual coaching platforms (Zoom, Practice Better, Healthie)
 - Electronic Health Records (Epic, Cerner)
 - Client tracking and progress monitoring systems
 - Wellness app integration (MyFitnessPal, Fitbit, Headspace)
 - Content creation tools for educational materials
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Professional Skills

- Cultural competency and inclusive coaching practices

- Interdisciplinary healthcare team collaboration
 - Group facilitation and workshop leadership
 - Program evaluation and outcome measurement
 - Professional boundary maintenance and scope of practice awareness
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PROFESSIONAL RECOGNITION

IIN Honor Graduate Award 2020

Institute for Integrative Nutrition

Top 5% of 1,200 graduates for exceptional client case studies and peer coaching feedback

Community Wellness Champion 2023

Denver Health Department

Led free monthly workshops reaching 300+ underserved community members

Rising Star Health Coach 2022

Colorado Wellness Association

Selected from 150+ nominees for innovative group coaching programs

PUBLICATIONS

Stress-Free Meal Prep: A Working Professional's Guide

Self-published

Self-published guide downloaded 800+ times, featured in Denver Wellness Newsletter

Contributing Writer - HealthyWorkplace.com 2022-PRESENT

HealthyWorkplace.com

Monthly articles on workplace wellness and stress management, average readership: 3,000 per article

Employee Wellness Best Practices

TechForward Solutions

Co-author: TechForward internal publication, 12-week program adopted company-wide

PROFESSIONAL AFFILIATIONS

Professional Memberships

- International Coach Federation (ICF) - Associate Member
 - National Society of Health Coaches (NSHC) - Active Member
 - Colorado Wellness Association - Board Member (2023-present)
 - American College of Lifestyle Medicine - Health Coach Member
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LANGUAGES

English (Native), Spanish (Conversational - able to conduct basic coaching sessions)

REFERENCES

Available upon request

Includes healthcare collaborators, program supervisors, and client testimonials with appropriate consent documentation
