

Resume Example 1

GOLDY GOPHER, MPH(C)

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PROFESSIONAL PROFILE

Community-centric, enthusiastic and passionate wellness program coordinator with a strong background in health promotion. Extensive background developing, implementing and evaluating community health programs. Proven ability to build strong relationships with stakeholders, executive project plans, and work across diverse sectors.

CORE SKILLS & COMPETENCIES

Client Health Screenings	Health Program Management	Health Equity
Budget Management	Health Promotion/Marketing	Health Education
Performance Management	Evaluation/Assessment	Change Management
Project Management	Relationship Management	Analytical Problem Solving

HEALTH RELATED EXPERIENCE

Fairview Health Services | Minneapolis, MN

Graduate Student Intern, Master's project

September 2018 – present

- Collaborate with the employee wellness team at Fairview to create an online wellness toolkit for leaders that aims to support wellbeing as a business priority in the workplace.
- Interviewed stakeholders prior to the development of the toolkit.
- Developed a project plan and timeline to meet deadlines in a timely manner.
- Plan to evaluate the toolkit to ensure quality of worksite program delivery.

Roots for the Home Team | Minneapolis, MN

Community Program Development Intern

May – October 2018

- Managed the Roots for the Home Team cart at Twins games, including set-up, selling of salads and clean-up.
- Engaged with various stakeholders (Target Field staff, youth, participating garden programs, customers and funders), in order to successfully implement the Roots program.
- Designed and delivered a program evaluation to gauge the effect of the program.
- Equipped youth from diverse communities with skills for future success.

Second Harvest Heartland | Minneapolis, MN

Nutrition Educator for the Nutrition Assistance Program for Seniors (NAPS)

January – June 2018

- Facilitated nutrition education sessions for seniors who were part of NAPS - the Nutrition Assistance Program for Seniors.
- Created healthy recipes using the items that came in the food boxes each month.

REAP Food Group | Madison, WI

Farm to School AmeriCorps Nutrition Educator

August 2016 – August 2017

- Taught six-week lesson series to 400 students on farm to school topics, including nutrition, sustainability, and food systems, engaging them in hands-on activities to promote lifelong healthy eating habits.
- Promoted increased access to fresh, local foods in schools by processing hundreds of pounds of local produce each week to be served as healthy snacks and installing a garden bar in three elementary schools.
- Collaborated with a teaching partner and team of nutrition educators to develop and implement lessons plans based on an established curriculum to meet academic standards.
- Created and implemented new Farm to School lesson materials for improved education.

HEALTH RELATED EXPERIENCE (Continued)
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Community Groundworks | Madison, WI*Troy Kid's Garden Volunteer**June – August 2016*

- Educated kids on leading healthy lives through gardening, art, environmental and cooking activities, with the goal of improving their nutritional habits and overall health.
- Cultivated learning and growth in the garden by connecting youth to the food they eat and allowing them to play a role in every part of the food production process, from planting to cooking with food they harvested.

ABLE, Inc. | La Crescent, MN*Direct Support Provider**May – September 2015*

- Supported individuals with developmental disabilities in their home by helping them to perform daily tasks such as brushing their teeth, getting dressed, washing their hands and eating.
- Facilitated individual exercise and daily living programs to achieve measurable outcomes.

Gundersen Health System | La Crosse WI*Volunteer in Exercise Physiology Department**Spring 2015*

- Led cardiac rehab exercise programs, as patients worked towards improving their health.
- Supported patients in attending education classes about stress, healthy eating and other topics as they pertain to cardiac issues.
- Designed and assembled a healthy grilling bulletin board for the patients to use as a resource.

Physical Activities Mentoring Program | La Crosse, WI*Mentor**September 2014 – April 2015*

- Mentored an individual with a disability, engaging him in various forms of physical activity each week.
- Encouraged improved nutrition and physical activity with community-based engagement through physical activities such as biking, walking and swimming.

GlobalEd Programs | Seville, Spain*Medical Internship**Summer 2014*

- Collaborated with general practitioners during consulting hours and assessed differences in the health care system.
- Evaluated and partnered with a team of chefs to implement meal plans for patients in a hospital with various dietary needs.
- Diagnosed and advised certain treatments for patients, alongside a licensed physical therapist.

ADDITIONAL EXPERIENCE

Burnsville Youth Collaborative (YMCA) | Burnsville, MN — *Youth Worker**October 2018 — Present*Dunn Bros. Coffee | Minneapolis, MN – *Barista**December 2017 – Present*Bishops Bay Country Club | Middleton, WI – *Sunset Grill Supervisor**May – August 2017*Moka: Espresso. Coffee. Tea | Madison, WI – *Shift Leader**June 2016 – June 2017*

EDUCATION

University of Minnesota School of Public Health | Minneapolis, MN*Master of Public Health: Community Health Promotion**Expected May 2019***University of Wisconsin-La Crosse** | La Crosse, WI*Bachelor of Science: Exercise Science, Minor in Nutrition**May 2016*

COMMUNITY INVOLVEMENT

Goodman Youth Farm | Madison, WI – *Volunteer**Summer 2017*La Crosse Exercise and Health Program | La Crosse, WI – *Adult Fitness Program Volunteer**Spring 2016*UW-La Crosse Sports Performance Center | La Crosse, WI – *Nutrition Intern**Fall 2015*Special Olympics | La Crosse, WI – *Tennis Coach**Summer 2015*GlobalEd Programs | La Crosse, WI – *Study Abroad Fair Representative**Fall 2014*iCan Shine Bike Camp | La Crosse, WI – *Volunteer**Summer 2014*