

SARAH SMITH

NUTRITION, FAMILY & LIFESTYLE COACH



CONTACT

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City, ST
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NUTRITION COUNSELING

- Diagnostics, including GI Maps & Metabolic Labs
- Blood Sugar Regulation
- Ketogenic Approach
- Inflammation
- Diet & Digestion
- Supplementation

LIFESTYLE COACHING

- Personalized Wellness Plans
- Sleep & Movement
- Meal Planning & Recipe Development
- Nature integration for stress reduction
- Mindfulness & Meditation
- Motivational Interviewing Skills

FAMILY SUPPORT

- Provide practical and emotional support to families, including building healthy rhythms, meal planning and communications
- Experience supporting children diagnosed neurodiverse or neuro atypical
- Assist in managing private affairs, including accounting, estate personnel, travel, maintenance

I am a holistic practitioner with expertise across nutrition, culinary arts, mindfulness, family support, non violent communication, and the fine arts. My career spans over twenty years supporting child, adult and whole family wellness from a perspective of full heart, body and mind integration. With technical certification in Nutritional Therapy, I also provide clinical support to private clients seeking to reclaim physical and emotional well being through the regulation of body sugars and reduction in chronic inflammation. It is my passion to bring wellness through balance in every touch point.

EDUCATION, INTERNSHIP, CERTIFICATION

Nutritional Therapy Association — Olympia, WA 2020
Clinical Nutritional Therapy Practitioner

A&P Gallery — New York, N.Y. 1986
Intern

State University of New York — Old Westbury, NY 1984 - 1988
Completed 70 credits towards Visual Arts degree, Emphasis in Painting

Springfield College — Springfield, MA 1982 - 1984
Completed 40 credits towards Liberal Arts degree

PROFESSIONAL SUMMARY

Certified Nutritional Practitioner – 6 mos
Private Family & Childcare Assistant – 25 yrs
Pastry Chef – 2 yrs
Prep Cook – 4 yrs

CAREER PATH

Certified Nutritional Practitioner 2020 - Present
Alpha Company – City, ST

Private Family & Childcare Assistant 1997 - 2020
Bravo Company – City, ST

Food, Banquet, Dessert Assistant 1992 - 1998
Charlie Company - City, ST

Assistant Curator 1992 - 1993
Delta Company – City, ST

PROFESSIONAL EXPERIENCE

ALPHA COMPANY – City, ST

2020 - Present

Certified Nutritional Practitioner self motivated, inspiring, and resourceful dedicated to empowering others with the tools they need to attune to their body's wisdom and reach optimal health. Work 1:1 with clients to balance blood sugar, using a ketogenic approach and Blood Glucose - Ketone Monitor to reduce overall inflammation, maintain a healthy weight and restore metabolic flexibility.

Create personalized wellness plans for individuals and groups:

- Assess clients health history and work 1:1 to determine appropriate, individualized course of action (considering age, gender, lifestyle, cultural ethnicity)
- Assess physical, emotional health and lifestyle to determine causes of pain or imbalance
- Explore reasonable expectations and outcomes when clients stay compliant with protocols
- Work with client to understand lab results and objective data so they can see what could be affecting their health challenges
- Provide regular communication with client to address specific concerns

BRAVO COMPANY – City, ST

1997 - 2020

Hired on contract to serve whole family wellness, including childcare, meal planning, accounting, private residence personnel management, and more for twelve private families (listed below). This work required essential skills including highly effective communication, project planning, high emotional IQ, superior cooking skills, people management, financial acuity, and child development.

Private Client List, includes:

The Bravo Family – Location (September 2016 - April 2020)

DIVERSE FOOD SERVICES – City, ST

1992 - 1998

Resort – City, ST (1997 - 1998)

Served as assistant to the Banquet Chef: designing buffet set up, all aspects of food preparation.

Grille – City, ST (1995 - 1996)

Served as the Pastry Chef responsible for creating the dessert menu, managing and preparing all dessert stations.

Lodge – City, ST (1994 - 1995)

Served as Assistant Pastry Chef, created and prepared dessert menu for dessert.

Lion – City, ST (1992 - 1994)

Served as the Prep Cook. Was responsible to manage and care for seasonal herb gardens. Assisted baking daily bread, prep cook managing all Mise en Place for Sous Chef.

CHARLIE COMPANY – New York, N.Y.

1992 - 1993

Served as the assistant to the curator.

RELATED STUDIES & WORKSHOPS

- Non-Violent Communication workshop (2019)
- Mindful Schools: Mindful Communication Training (January 2019 - March 2019)
- Mindful Schools Pre Requisite Training (2019)
- Mindful Schools Fundamentals Training (2019)
- MBSR Training (March 2018)
- Reiki Level Two Training (May 2016)
- First Level Reiki Training (April 2016)
- 7 Day Workshop in Paros, Greece: Movement and Therapeutic Touch (Sept 2016)
- 3 Day Training 5 Rhythms Dance Practice NYC (Dec 2016)
- 6 Week Workshop on Mindfulness Meditation: Mindful Schools Online-Training (2012)
- Awakening Joy Course with James Baraz (Feb 2012 - Nov 2012)
- Spirit Rock Meditation Center: Rick Hanson Workshop on Equanimity (Aug 2012)
- Spirit Rock, Mindful Meditation for Adults (2011)
- Spanish second year, Santa Rosa Junior College (Fall 2007)
- Creative Writing, Santa Rosa Junior College (Summer 2007)
- Conversational Spanish, Marin College (2003)
- First responders Certification course, Red Cross (2000)
- CPR training, Red Cross (1999, 2001, 2004)