

Laura Nelson



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Professional Experience

Program Coordinator & Outreach Coordinator, Utah County Health Department, March 2015-present

- Supervise the BeWise program at the local health department. Participate in contract negotiations, and ensure program is implemented according to state and federal guidelines.
- Provide ongoing training to 10 health coaches on motivational interviewing and program requirements in group and one-on-one settings.
- Coordinate outreach efforts and activities that have resulted in a 10-20% increase in program participation. Oversee recruitment efforts of two community health workers. Collect data, present to stakeholders, and evaluate and make corrections as necessary.
- Organize, carry out and evaluate four yearly health fairs, five monthly classes and other events.
- Contact community resources and invite them to engage in mutually beneficial partnerships. Participate in coalitions and support other organizations where appropriate.

Freelance Writer, November 2014-present

- Follow style guides to create relevant content for clients. Write and edit using keywords given to create engaging articles that meet the needs of the client.
- Type 80+ WPM with 99% accuracy.
- Consistently receive above average quality assessment scores for grammar and style guide accuracy.

Program Specialist, Salt Lake County Health Department, July 2013-February 2015

- Implemented supplemental nutrition program by certifying clients on the WIC program. Responsible for completing all laboratory work (weight, height, hemoglobin) and intake information to put clients through the certification process.
- Performed client education regarding nutrition, breastfeeding and certification requirements. Referred clients to other community resources as needed.

Certified Nursing Assistant, Health Watch, January 2009-July 2013

- Provided personal care for patients of all ages with varying needs throughout Utah county. Acquired practical nursing skills such as using a ventilator, wound care and taking vital signs.
- Learned important qualities such as teamwork and observation. Due to various disabilities of the patients I visited, I became skilled at recognizing unspoken needs such as placement of pain.

Academic Internship, Utah Senior Care Council, January 2011-September 2011

- Involved in all council activities such as planning and strategy meetings, workshops, and conferences of this non-profit organization.
- Assisted in planning a conference for 200+ seniors, caregivers, family members, and professionals.
- Networked with various professionals in the field of gerontology and learned the importance of effective planning and cooperation.
- Participated in preparation of conference evaluation forms and analyzed results for improvement of future conferences.

Volunteer Experience

Ecclesiastical Services, Bahía Blanca, Argentina, February 2006-August 2007

Acquired an enthusiasm for Hispanic culture and language, as well as skills for appropriate communication and effective and individualized teaching strategies. Taught individuals of all ages, socioeconomic statuses, and education levels.

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Aspen Senior Care Center, Provo, Utah, May 2011-September 2011

Spent five hours per week at this day care center for seniors with dementia or Alzheimer's disease. Activities focused on helping the seniors retain physical and mental abilities for as long as possible.

Education

Brigham Young University, Graduation April 2013

Bachelor of Science, Public Health-Health Promotion

Maintained a major GPA of 3.89 while attending school full time and working at least 20 hours per week. Excelled in relevant coursework, including: women's health, global health, chronic diseases, infectious diseases, theory of behavior change, consumer health, substance abuse and prevention, social marketing, anatomy, physiology, environmental health, health and the aging process, sociology of aging, methods of health promotion, and program planning and evaluation in health promotion.

Skills

Fluent in Spanish

Certified Health Education Specialist (CHES)

Excellent written and oral communication

Skilled with Microsoft Office, internet, databases, EMRs and other software

Self-starter, self-motivated, organized and attentive to detail

Received Wellcoaches certificate

Comfortable and experienced working with all age groups and types of people

Character strengths include love of learning, fairness and equity, and appreciation of beauty and excellence