

Brooke Hennessy

WELLNESS COACH

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SUMMARY

Board-certified wellness coach with 5 years of health coaching for employees and health plan members working on weight, sleep and stress goals. Runs one-on-one and group sessions by phone and video, tracks progress in Excel and builds PowerPoint workshops. Brings warm customer service skills and careful goal setting to every call.

SKILLS

- Health Coaching
- Behavior Change
- Motivational Interviewing
- Goal Setting
- Nutrition Education
- Microsoft Office
- Excel
- PowerPoint
- Outlook
- Customer Service Skills

EXPERIENCE

Wellness Coach

04/2023 - Present

Front Range Employee Health

Denver, CO

Workplace wellness provider serving 40 employer clients across Colorado.

- Coach a panel of **120** employees through 12-week behavior change programs using motivational interviewing.
- Set SMART goals with each participant; 64% met their weight or activity goal by week 12 in 2025.
- Present monthly PowerPoint lunch-and-learns on sleep, stress and nutrition education to groups of 20-80 staff.
- Record session notes and outcomes in Excel and the coaching platform, sending results to clients each quarter.

Member Wellness Specialist

06/2021 - 03/2023

Rocky Mountain Care Plan

Aurora, CO

Regional health plan with 85,000 members.

- Called 60 members a day to enroll them in wellness, tobacco cessation and diabetes prevention programs.
- Answered benefit and incentive questions by phone and Outlook with a 95% member satisfaction score.
- Organized 9 onsite biometric screening events, booking 1,400 screenings with vendor staff.
- Built Microsoft Office templates for reminder letters that cut mailing prep time in half.

EDUCATION

Bachelor of Arts

05/2021

University of Colorado Boulder

Boulder, CO

Integrative Physiology

CERTIFICATES

National Board Certified Health & Wellness Coach (NBC-HWC)

National Board for Health & Wellness Coaching

11/2023

ACE Certified Health Coach

American Council on Exercise

08/2022