

# Brendalyn Ferdous

Health Coach

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## Education

**Bachelor of Science in Health and Wellness Coaching at Boise State University, Boise, ID**

Sep 2018 - May 2022

Relevant Coursework: Nutrition, Exercise Science, Stress Management, Health Promotion, Coaching Techniques, Behavior Change, Communication Skills, Wellness Program Planning, and Evaluation.

## Links

[linkedin.com/in/brendalynferdous](https://www.linkedin.com/in/brendalynferdous)

## Skills

Nutrition expertise  
Exercise programming  
Stress management  
Behavior modification  
Motivational interviewing  
Chronic disease management  
Mindfulness techniques

## Languages

English  
Indonesian

## Hobbies

Gardening

## Profile

Dedicated Health Coach with 1 year of experience in guiding clients towards achieving their wellness goals through personalized coaching, nutritional education, and exercise programs. Skilled in fostering strong relationships, identifying clients' needs, and implementing tailored interventions for sustainable lifestyle changes. Adept at motivating individuals towards improved health outcomes and supporting them in overcoming challenges to maintain long-term success.

## Employment History

### Health Coach at Idaho Integrated Wellness, ID

May 2023 - Present

- Implemented a comprehensive wellness program that resulted in a 35% increase in overall employee health and well-being within six months, leading to reduced healthcare costs for Idaho Integrated Wellness, ID.
- Developed and delivered personalized coaching plans for over 100 clients, achieving an 80% success rate in helping them reach their health goals, such as weight loss, stress management, and improved fitness levels.
- Conducted workshops and seminars on various health topics, reaching over 500 participants with a 90% satisfaction rate, which significantly increased awareness of the importance of a healthy lifestyle and preventative care among the local community.

### Associate Health Coach at Thrive On Health Idaho, ID

Sep 2022 - Apr 2023

- Successfully implemented a comprehensive wellness program for over 200 clients, resulting in a 25% increase in overall client satisfaction and a 20% improvement in clients' health outcomes.
- Conducted a series of 12 group workshops on various health topics, engaging more than 150 participants and receiving an average feedback rating of 4.5 out of 5.
- Collaborated with the Thrive On Health team to develop and launch a digital health coaching platform, increasing client accessibility by 30% and expanding the company's reach to remote areas in Idaho.
- Spearheaded a community outreach initiative that established partnerships with five local businesses and organizations, leading to a 15% increase in new client referrals and strengthening Thrive On Health's presence in the Idaho community.

## Certificates

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

Feb 2022

### Precision Nutrition Level 1 Certification

Mar 2020