

Jazzmyn Lacapria

Wellness Consultant

Profile

Wellness Consultant with 1 year of experience in developing personalized wellness plans, conducting health assessments, and providing expert guidance on nutrition, exercise, and stress management. Highly skilled in fostering client relationships, promoting sustainable lifestyle changes, and utilizing evidence-based approaches to improve overall health and wellbeing. Adept at collaborating with multidisciplinary teams and empowering clients to achieve their wellness goals.

Employment History

Wellness Consultant at Palmetto Wellness Consulting, SC

Apr 2023 - Present

- Developed and implemented a comprehensive wellness program for over 50 corporate clients, resulting in an average 20% decrease in employee absenteeism due to health issues.
- Increased client retention rate by 35% within the first year at Palmetto Wellness Consulting, SC, through exceptional customer service and tailored wellness solutions.
- Facilitated over 100 interactive workshops on stress management, nutrition, and fitness, leading to a reported 25% improvement in participants' overall well-being and job satisfaction.
- Successfully collaborated with local healthcare providers to organize quarterly health fairs, reaching over 10,000 community members and raising awareness on the importance of preventive care and healthy lifestyles.

Associate Wellness Consultant at BlueCross BlueShield of South Carolina Wellness Consulting, SC

Aug 2022 - Mar 2023

- Implemented a comprehensive wellness program for a major client, resulting in a 20% increase in employee engagement and a 15% decrease in healthcare costs within the first year.
- Conducted a detailed needs assessment for over 50 client organizations, leading to the development of customized wellness strategies that improved overall employee health by an average of 25%.
- Collaborated with a team of wellness consultants to design and deliver a series of educational workshops on stress management, nutrition, and physical activity, reaching over 1,000 employees and contributing to a 10% reduction in sick days taken.
- Successfully managed a \$500,000 budget for wellness initiatives, ensuring all projects were completed on time and within budget, while achieving a 95% satisfaction rate among clients.

Education

Bachelor of Science in Health and Wellness at Clemson University, SC

Aug 2018 - May 2022

Details

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Links

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

Skills

Nutritional Counseling

Stress Management

Fitness Programming

Holistic Healing

Mindfulness Techniques

Sleep Optimization

Weight Management

Languages

English

French

Hobbies

Meditation

Gardening

Yoga