

# Adrena Thaden

Wellness Coordinator

## Profile

Dedicated and highly motivated Wellness Coordinator with 1 year of experience in promoting health and wellness across various organizations. Proficient in developing and implementing tailored wellness programs, conducting health assessments, and organizing engaging events to foster a healthy work environment. Proven ability to collaborate with cross-functional teams and communicate effectively with diverse populations. Committed to enhancing employee well-being and productivity through data-driven strategies and a holistic approach to wellness.

## Employment History

### Wellness Coordinator at Wellness Coordinators of Arizona, AZ

May 2023 - Present

- Successfully implemented a comprehensive wellness program for over 500 employees, resulting in a 25% increase in overall employee satisfaction and a 15% decrease in absenteeism within a year.
- Spearheaded a company-wide health assessment initiative, analyzing data from over 400 participants to identify key areas of improvement, which led to the development of targeted wellness initiatives, improving overall employee health by 20%.
- Organized and executed an annual wellness fair, attracting over 300 employees and featuring 20 local health and wellness vendors, contributing to a 10% increase in employee participation in wellness programs and initiatives.

### Assistant Wellness Coordinator at Arizona Wellness Coordinators, AZ

Jul 2022 - Mar 2023

- Successfully implemented a comprehensive wellness program for over 500 employees, resulting in a 25% increase in overall employee satisfaction and a 15% decrease in sick days taken.
- Coordinated and led a series of monthly wellness workshops, which attracted an average of 100 participants per session and received positive feedback from 95% of attendees.
- Assisted in the development and execution of a company-wide fitness challenge, engaging over 300 employees and contributing to a 10% improvement in average employee fitness levels.
- Streamlined communication processes within the wellness department, leading to a 20% reduction in administrative tasks and allowing for increased focus on program development and employee engagement.

## Certificates

### Wellness Coach Certification (WCC)

Oct 2021

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📍 1234 Desert Oasis Lane, Phoenix, AZ 85001

## Education

### Bachelor of Science in Health and Wellness Promotion at Arizona State University, Tempe, AZ

Aug 2017 - May 2022

Relevant Coursework: Health Promotion and Education, Community Health, Nutrition, Fitness and Exercise, Human Anatomy and Physiology, Health Policy and Administration, Behavioral Health, Epidemiology, Health Communications, and Program Planning and Evaluation.

## Links

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

## Skills

Nutrition planning

Stress management

Exercise programming

Health coaching

Mindfulness techniques

Workplace ergonomics

Biometric screening

## Languages

English

Bengali