

Fred Serpa

Wellness coach

✉ fred.serpa@gmail.com

☎ (186) 020-3364

📍 450 West 100 South, Salt Lake City,
UT 84101

EDUCATION

High School Diploma at West High School, UT

Sep 2014 - May 2019

I've learned how to study for exams, how to do research, and how to write essays.

LINKS

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

SKILLS

Health and fitness knowledge

Ability to motivate and inspire others

Good communication skills

Organizational skills

Time management skills

Marketing and sales skills

Knowledge of business operations

LANGUAGES

English

Urdu

HOBBIES

Organizing and cleaning

Listening to music

Cooking

PROFILE

I have over three years of experience as a wellness coach. In that time, I have helped clients improve their overall health and wellbeing by making lifestyle changes. I am passionate about helping people reach their full potential and live healthier, happier lives.

I specialize in working with clients who want to make lasting change in their lives. Through my coaching, they are able to identify obstacles standing in their way and develop actionable plans to overcome them. As a result, my clients feel more confident, empowered, and motivated to achieve their goals.

EMPLOYMENT HISTORY

● Lead Wellness Coach at Wellcoaches Corporation, UT

May 2022 - Present

- Led a team of wellness coaches that saw a 98% success rate in helping clients improve their health and quality of life.
- Achieved an average 97% satisfaction rating from clients served over the course of a year.
- Successfully implemented new methods for tracking client progress and engagement, which resulted in increased retention rates.
- Authored or co-authored 5 papers on wellness coaching topics that were published in peer-reviewed journals.
- Helped develop 2 new curriculum modules for training other wellness coaches.

● Senior Wellness Coach at Wellness Coaches of America, UT

Sep 2019 - Mar 2022

- Led a team of 4 wellness coaches and helped them increase their client satisfaction ratings by 12%.
- Successfully implemented a new employee wellness program that resulted in a 25% decrease in health insurance costs for the company.
- Created and delivered presentations on various topics related to senior health and wellness, which were well-received by audiences averaging 100 seniors per presentation.
- Authored an article on senior nutrition that was published in the local newspaper.

CERTIFICATES

Certified Wellness Coach

Aug 2020

Certified Health and Wellness Coach

Apr 2019

MEMBERSHIPS

American College of Sports Medicine

National Strength and Conditioning Association