

Monika Simmons

6633 South Artesian Ave

Chicago, Illinois, United States 60629

Tel: (773) 501-2772 Email: Monika.simmons@gmail.com

Profile My name is Monika Simmons. I am a life long health and wellness enthusiast who enjoys learning as much as possible about living an energetic and positive life.

Job Objective My objective is to gain experience as a health coach as well as a food demo presenter. I intend to work in the health and wellness field alongside likeminded individuals while developing skills that will assist me in starting my own Health Coaching Practice.

Education Institute For Integrative Nutrition Feb 2014 ~ Feb 2015
Health Coach Training
I am a recent graduate of the Institute for Integrative Nutrition's health coaching program.

Experience Skyy Level Group Mar 2015 ~ Mar 2015
Resident Nutritarian/Food demo specialists

Skills

- following recipes
- engaging participants during a demonstration
- creating healthy low calorie and low sodium dishes
- assisting individuals with support in healthful habits

Language English Proficiency

References Monique Bailey - Skyy Level Group
moniquebailey24@yahoo.com

I have had the opportunity to facilitate four 2 hour demonstrations at Skyy Level Group Zumba Studio during 2014. I prepared quick and easy nutritious recipes that the members of the studio could duplicate at home in order to stay on track of an overall healthy lifestyle.

Teri Nnanabu - Oral Health America

teri.nnanabu@oralhealthamerica.org

Interests

My interests are cooking, crocheting, bowling and Zumba(dance).