

# ALIYA JACKSON

HEALTH & WELLNESS COACH

## CONTACT

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LinkedIn

## EDUCATION

BACHELOR OF SCIENCE (B.S.)  
KINESIOLOGY • JUNE 2022

San Francisco State University,  
San Francisco, CA

## KEY SKILLS

- Behavior change models
- Chronic pain management strategies
- Cognitive behavioral coaching
- Motivational interviewing
- Telehealth consultation (Zoom)

## CERTIFICATIONS

Board Certified Health and Wellness Coach, National Board for Health & Wellness Coaching, 2023

CPR and AED Certified, American Red Cross, 2022

## PROFILE

Board-certified health and wellness coach with two years of experience empowering clients to achieve sustainable lifestyle changes. Recognized for creating personalized care plans and collaborating with interdisciplinary teams to provide holistic support.

## PROFESSIONAL EXPERIENCE

HEALTH & WELLNESS COACH • JUNE 2023 – PRESENT

Viori Health, Remote

- Oversee a caseload of 75 patients and facilitate over 150 virtual consultations per month
- Drive an 85% success rate in patients achieving their goals and primary health objectives within a six-month timeframe
- Created more than 120 personalized care plans to improve overall patient health and wellness
- Dedicated extra time to guide a patient with severe anxiety through lifestyle changes, reducing their stress score from 42 to 15 points over six months

CERTIFIED PERSONAL TRAINER • JANUARY 2022 – MAY 2023

Anytime Fitness, San Francisco, CA

- Managed a client base of more than 50 members and conducted an average of 200 personal training sessions per month
- Improved client retention rates by 25% through personalized goal-setting, progress tracking, and consistent motivational check-ins
- Achieved a 90% client engagement rate between in-person sessions using the Anytime Fitness app
- Attracted over 30 new group fitness participants with the development of a new high-intensity interval training class in collaboration with five group trainers