

Whitney M. Rosas

Education

Bachelor of Science, Health Promotion and Education
University of Utah
Consumer Health Education emphasis

May 2011
Salt Lake City, UT
3.8 GPA

Related College Coursework

Research/Assessment
Nutrition 2010
Fitness for Life
Chronic Diseases

Stress Management
Personal Resiliency
Patient Education
Diversity & Health

Health & Optimal Aging
Community Health Issues
Health Concerns of Women
Eating Disorders & Body Image

Experience

Salt Lake County Health Department
Health Educator

West Jordan, UT
11/2022 – Present

- Serve as liaison and provide technical assistance to coalitions working on substance abuse prevention in Salt Lake County.
- Build relationships with community members and stakeholders in select communities; connect dots between communities, resources, and connections.
- Participate as active member of Coalitions Team and Coalitions Lite Workgroup.
- Serve as main contact for contractor invoices and lead invoice process.
- Promote teamwork and be active in participating in assignments. Promote great relationships with all partners, participate in requested management meetings, represent the Division of Community Health Services appropriately.

Orriant
Wellness Coach

Sandy, UT
07/2013 – 10/2023

- Engage individuals in the management of their own health and wellness
- Create a mutual understanding of how to address their health conditions, health status, and risks
- Create personalized, non-prescriptive health and wellness goals
- Follow HIPAA guidelines and maintain high ethical standards at all times
- Provide credible and quality health education
- Keep current on health education
- Maintain positive attitude and be solution oriented
- Passion for health and wellness
- Intrinsic desire to help other people
- Facilitated healthy weight loss helped to decrease chronic disease
- Coached over 500 individuals at one time
- Strong verbal and written communication skills

Care Source
Certified Nursing Assistant

Millcreek, UT
12/2012 – 07/2013

- Patient Care
- Knowledge of medical terminology

- Positioning, transferring, and moving patients
- Assisting patients with personal hygiene
- Recording vital signs and measurements
- Eyes and ears of the nursing staff, working closely with the charge nurse
- Providing proper care and exhibiting good bedside manner

**School Improvement Network
Inside Sales Representative**

**Salt Lake City, UT
09/2011 – 12/2012**

- Find and prepare quality leads
- Manage calendars and schedules for two Professional Development Advisors (PDA)
- Create/send mail merges
- Setup trial access
- Correspond with educators by email and phone
- At least 50 calls/day
- Schedule at least 3 appointments and 2 opportunities/day
- Plan and schedule at least one trip/month for each of my PDA's
- Use Outlook, Excel, Word, and Ivinex on a daily basis

**Rise Inc.
Family Support Professional**

**Salt Lake City, UT
07/2011 – 09/2011**

- Supervise and assist individuals with disabilities:
 - Educate these individuals on health care and safety
 - Scheduling/Money management
 - Behavior intervention/Skills
 - Personal hygiene
 - Community access/Participation
 - Teaching/Prompting/Skilled development

**Xcel Fitness
Customer Service Manager**

**Salt Lake City, UT
02/2008-02/2011**

- Implement and carry-out company vision and mission
- Maintain status of #1 Service Desk Representative
- Prepare and manage accounts receivable and distribute them accordingly
- Manage Schedule
- Schedule and Conduct Interviews
- Manage Memo System
- Trained a total of 20 new employees

Certifications

Precision Nutrition Certification

12/2015 – 12/2018

Whitney M. Rosas



To Whom It May Concern:

I'm looking for a position as a health educator in the public sector to help my community at large. I have a strong educational background and several professional health and leadership experiences which I feel uniquely qualify me for this job opportunity. I would love to affect real change in Utah's future. I have effective communication skills, I'm highly organized, and I'm a natural leader.

My education and professional background has provided me extensive organizational, managerial, and customer service experience. For instance, my time spent as manager at Xcel Fitness has given me the opportunity to design, establish, market, and assess new programs. While working for Orriant the past ten years, I've been working to gain rapport and strong relationships with people from diverse backgrounds from all over the country.

My Bachelor's Degree in Health Promotion and Education is a comprehensive education in community health issues, diversity and health, research and assessment, stress management, patient education, health and optimal aging, first aid and CPR, substance abuse, nutrition, and fitness for life. I have also taken courses related to health promotion for special populations, such as the health concerns of women.

I enjoy working in the health promotion industry and feel I am most capable of developing great rapport with the people I help. I'm reliable and dependable and take great pride in my performance as a professional. I'm committed to working hard and seeing the challenges I accept lead to successful outcomes. In addition, I'm an energetic team player who works well with co-workers and colleagues.

Thank you for providing this opportunity. I would enjoy being a part of your organizational team and look forward to speaking with you in the near future. If you have any questions or would like to schedule an interview, please contact me at (801)243-2788 or rosaswhitney@gmail.com.

Sincerely,

Whitney M. Rosas