



SHELLEY LOVVORN

CERTIFIED HEALTH COACH



EXPERIENCE

2023 - Present **Certified Health Coach**

Shelley Kristen Coaching, Franklin, TN

- Improved client health outcomes by designing and implementing personalized wellness plans.
- Utilized motivational interviewing techniques to empower clients in making lasting lifestyle changes.
- Promoted holistic wellness by incorporating mindfulness practices into coaching sessions.
- Evaluated client progress regularly, adjusting strategies as needed for optimal results in their wellness journey.
- Educated clients on stress management techniques for improved mental wellbeing.
- Enhanced client satisfaction by providing ongoing support and accountability through regular check-ins.
- Maintained detailed records of client interactions, allowing for thorough analysis of progress over time.
- Continually improved knowledge, skills, and performance based on feedback and self-identified professional developmental needs.
- Assisted clients in finding new ways to inspire healthier habits.

2021 - 2023

Curriculum Writer & Developer

Rafiki Foundation, Eustis, FL

- Write original content for Classical Christian curriculum including worldview statements, stories, lessons, and worksheets
- Edit and proofread finished materials before production
- Creative focus and concept development within standards of the company
- Contributed to curriculum development efforts, ensuring alignment with state standards and educational objectives.

EDUCATION

2023 - 2024

Certified Health Coach

Institute for Integrative Nutrition, New York, NY

1989 - 1991

Graphic Design & Fine Arts

Lake-Sumter State College, Leesburg, FL

PROFILE

Certified health professional specializing in nutrition, wellness planning, and motivational coaching to empower individuals toward healthier lifestyles. Known for strong interpersonal skills, adaptability, and a deep understanding of wellness principles, she excels at developing personalized health plans and fostering supportive client relationships. Passionate about promoting sustainable habits and long-term well-being, she is recognized for her reliability, empathy, and ability to deliver impactful results.

CONTACT

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