

Hans N. Franz

Green Bay, WI 54301

920-123-4567

Hans.franz@mymail.nwtc.edu

SUMMARY OF QUALIFICATIONS

- Experience in planning, implementing and evaluating corporate, community and individual wellness plans
- Employs wellness coaching strategies for behavior modification and lifestyle change in clients
- Ability to assess personal fitness levels and prescribe exercise intervention plans
- Patient services experience in a medical group and chiropractic and wellness offices
- Strong communication and interpersonal skills
- Dedicated, enthusiastic, and possesses a strong work ethic
- Internship experience leading and evaluating personal and group exercise sessions

EDUCATION

Northeast Wisconsin Technical College, Green Bay, WI

Wellness and Health Promotion, Associate Degree

May 2024

- Relevant Coursework: Personal Wellness & Fitness, Chronic Disease and Health Issues, Wellness Kinesiology, Exercise Physiology, Stress Management Techniques

INTERNSHIP EXPERIENCE

- *Bellin Health Sports Medicine, De Pere, WI*
- *YMCA, Green Bay, WI*

January 2024 – April 2024

August 2023 – December 2023

EXPERIENCE

Wellness Coach

October 2023 – Present

Take Care Health Systems, Green Bay, WI

- Schedule, promote, develop, and implement health and wellness programs and activities
- Assist in the tracking and collection of outcomes data for individual programs and activities as well as the overall wellness program
- Foster and maintain positive, effective and long-term client/customer relations

Health/Fitness Specialist

April 2022 – September 2023

Badger Sports, Green Bay, WI

- Ensured compliance to equipment preventative maintenance schedule and immediately reported any facility or equipment issues
- Assisted in the establishment and on-going coordination of the membership database/adherence program
- Partnered with fitness team and related departments to provide optimal performance of the fitness center to meet the needs and satisfaction of client
- Addressed customer issues and ensured effective and long-term problem resolution

COMMUNITY SERVICE

Volunteer, Red Cross, Green Bay, WI

April 2023 – Present

Volunteer, Paul's Pantry, Green Bay, WI

September 2022 – December 2023