

Katherine Jisel Maroun

Master Certified Health Coach & Fitness Specialist

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SUMMARY

Accomplished professional with expertise in clinical nutrition, health education, and evidence-based dietary strategies. Currently pursuing a Master of Science in Clinical Nutrition, with over 10 years of experience supporting individuals and organizations in achieving health and wellness goals. Proven success in sales, relationship management, and educating diverse audiences, including healthcare professionals, on the benefits of nutritional products. Specialized in dietary supplements, maternal and infant nutrition, and preventive health. Bilingual in English and Spanish, with strong communication and technical skills to drive growth in healthcare-focused sales.

EDUCATION

Master of Science, Clinical Nutrition

Sonoran University of Health Sciences, Tempe, AZ

Expected Graduation: June 2025 | Dean's List

- Key coursework: Nutrigenomics and Personalized Nutrition; Clinical Biochemistry; Dietary and Supplement Guidelines; Evidence-Informed Practice; Clinical Applications in Health Promotion and Disease Prevention.

Bachelor of Arts, Women's Studies

University of Florida, Gainesville, FL

Graduated: May 2009 | Cum Laude

PROFESSIONAL EXPERIENCE

Owner, Master Certified Health Coach, & Fitness Specialist | Jisel Wellness, Palm Beach County, FL

May 2022 – Sep 2024

- Educated clients on evidence-based nutritional practices, including dietary supplements and condition-specific strategies, achieving measurable health improvements.
- Conducted virtual workshops on chronic disease prevention and nutrition for diverse populations, leveraging virtual platforms (e.g., Zoom, Teams).
- Developed tailored wellness plans, achieving high client retention and satisfaction.
- Drafted and negotiated client agreements, ensuring clarity and alignment with health and wellness goals.
- Applied knowledge of dietary supplements and policies to guide clients in selecting safe and effective options.

Certified Personal Trainer & Fitness Instructor | EAU Palm Beach Resort & Spa, Manalapan, FL

November 2018 – March 2020

- Delivered personalized fitness plans to clients, incorporating wellness strategies to support their overall health.
- Assessed client progress regularly, providing feedback and adjustments to ensure desired outcomes.
- Supported clients in adopting healthier lifestyles by integrating fitness, nutrition, and wellness strategies.

Health Coach/Doula | Infinitely Baby, Palm Beach County, FL

April 2012 – May 2022

- Educated expectant mothers on nutrition and wellness products, resulting in improved maternal and infant health outcomes.
- Advocated for expectant mothers by integrating nutritional strategies and collaborating with healthcare professionals to support individualized care plans.
- Negotiated terms for wellness programs, collaborating with healthcare teams to align with medical guidelines.

SALES & LEADERSHIP EXPERIENCE

Lead Sales Associate | The Sports Authority, Palm Beach County, FL

August 2007-August 2008

- Led a team to achieve sales targets, providing product knowledge and customer service in a fast-paced retail environment.
- Implemented visual merchandising strategies, driving store traffic and product engagement.
- Trained and mentored new team members to improve product knowledge and sales performance.

Sales Representative | T-Mobile, Palm Beach County, FL

November 2003 – January 2006

- Consistently exceeded sales quotas by offering tailored solutions to customers based on individual needs.
- Leveraged CRM systems to track and exceed sales quotas, resulting in a 20% increase in repeat business.
- Developed strong customer relationships through exceptional communication and problem-solving skills, leading to repeat business.

VOLUNTEER EXPERIENCE

Teen Mom Mentor

Healthy Mothers, Healthy Babies Coalition of Palm Beach County

July 2016 – June 2020

- Mentored teenage mothers on nutrition and parenting, fostering informed decision-making and long-term wellness strategies.

Doula Intern

Women Honoring Women LLC, Palm Beach County, FL

July 2010 – November 2011

- Supported clients in understanding dietary supplements and nutritional needs during pregnancy and postpartum care.
- Collaborated with clients to design individualized birth plans and nutritional strategies.

CERTIFICATIONS & TRAINING

Dr. Sears Wellness Institute

- LEAN Families Certified Health Coach (2023)
- Master Certified Health Coach (2016, renewed 2022)
- LEAN Pregnancy Certified Health Coach (2012)

National Academy of Sports Medicine (NASM)

- Certified Personal Trainer (2015; expires 2025)
- Fitness Nutrition Specialist (2017)
- Mixed Martial Arts Conditioning Specialist (2019)
- Youth Exercise Specialist (2019)
- Women's Fitness Specialist (2018)
- Continuing Education: The Psychology of Weight Control (2016), Understanding Food Labels and Portion Sizes (2015), Plant-Based Diets (2015)

American Red Cross

- Adult and Pediatric First Aid/CPR/AED (expires 2025)

Childbirth Education & Doula Training

- Birthing From Within: Birth Art Process (2014)
- Passion for Birth Childbirth Educator Training (2011)
- CAPPA (Childbirth and Postpartum Professional Association) Labor Doula Training (2010)

SKILLS & TECHNOLOGICAL PROFICIENCIES

- Expertise in nutrition education, dietary supplements, and evidence-based health practices
- Strong communication and relationship-building skills with healthcare professionals
- Technical proficiency in CRM systems and remote platforms (Healthie, Zoom, Teams)
- Advanced organizational and presentation skills for healthcare-focused audiences
- Bilingual in English & Spanish, facilitating effective communication with diverse populations.