

**Melissa H. Ott**

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## **PROFESSIONAL SUMMARY**

Holistic health coach and exercise coach with over six years of experience. Successful with building and maintaining client relations, as well as team relations. Broad knowledge from traditional education to specialized certifications, and a passion for continued learning. Unique program building that is client specific and yields positive outcomes and client satisfaction.

## **EDUCATION**

**Program Title:** Bachelors of Health and Wellness **05/24**

Purdue University Global

- GPA 4.0
- Academic Honors

## **Relevant Coursework**

- Complementary and Integrative Medicine
- Stress- Critical Issues in Management and Prevention
- Current Trends in Exercise and Fitness- Aging well Across the Lifespan
- Creating Wellness- Psychological and Spiritual Aspects of Healing
- Contemporary Diet and Nutrition
- Health and Wellness Programming- Design and Administration
- Models for Health and Wellness

## **PROFESSIONAL EXPERIENCE**

The Movement Community/ Real Human Performance (Cincinnati, Ohio) **05/19- Present**

### **Holistic Health Coach and Exercise Specialist**

- Working as head coach and program builder for Real Fit classes, focusing on functional integrative training
- Working with clients individually with client quantitative and qualitative analysis with attention to specific ailment, as well as personal training, and introduction to training for new clients
- Building long-term results based in foundation, breath, nutrition, and function

Back in Your Body LLC (Cincinnati, Ohio) **09/22- Present**

### **Owner**

- Building specialized programs for core foundations and foot health
- Documenting descriptions of programs and filming movements for client access

Turner Farm (Cincinnati, Ohio)

**05/22-07/22**

#### **Assistant Chef**

- Teaching classes that focus on healthful cooking and local sourcing
- Throwing large dinner parties, educating attendees on quality ingredients

Hotel California by the Sea (Cincinnati, Ohio)

**02/20- 05/22**

#### **Holistic Health Coach and Exercise Specialist**

- Guiding light movement and stretching sessions, teaching active gratitude skills, breathwork, nervous system regulation, as well as sensory grounding, and embodiment practices

Civil Solutions (Cincinnati, Ohio)

**03/21-06/22**

#### **Personal Trainer**

- Building programs that match a functional model, interchanging between phase intention
- Structuring creative programs despite limited equipment and resources

Spectrum Sports Performance (Orlando, Florida)

**09/11-05/12**

#### **Intern →Learning to Train Coach**

- Training clientele under 13 years of age proper form with body weight movement as introduction to training, keeping them engaged and safe
- Assisting training sessions for clientele, high schools, colleges, and prestigious sports teams

#### **LICENSES AND/OR CERTIFICATIONS**

Chek Academy Year 1

**08/22**

- Scientific Core Training, Scientific Spine Training, Program Design, Integrative Movement Science, Holistic Health Coach

#### **CORE COMPETENCIES AND SKILLS**

- Skills of critical thinking, open-mindedness, leadership, teamwork, communication, multiculturalism, and diversity
- Passion for continued learning and research
- Experience building professional presentations, treatment plans, lectures, coursework, and authored resource guides

#### **PROFESSIONAL MEMBERSHIPS AND ORGANIZATIONS**

The National Society of Leadership and Success

**09/23- Present**