

JOHN PARKER

CORPORATE WELLNESS COACH

PROFESSIONAL SUMMARY

Corporate Wellness Coach with over 8 years of experience designing and implementing employee wellness programs that improve health outcomes and productivity. Expert in stress management, ergonomics, and overall wellness strategies tailored to large corporate settings.

EXPERIENCE

- January 2019 - Now

Corporate Wellness Coach

Health First Consulting / United States, Chicago, IL

- Design and implement corporate wellness programs that promote physical health, mental well-being, and work-life balance for employees.
- Conduct health risk assessments, deliver workshops on stress management, and offer fitness solutions that reduce absenteeism and improve productivity.
- Collaborate with HR departments to create strategies that enhance employee engagement, mental health, and overall well-being.

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- June 2016 - December 2019


Health and Wellness Coordinator


Chicago Tech Group / United States, Chicago, IL


- Designed and implemented wellness programs that included fitness challenges, health fairs, and mental health workshops to reduce workplace stress and absenteeism.
- Collaborated with leadership teams to ensure wellness initiatives aligned with corporate goals.

WORKSHOPS/TRAINING

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- Ergonomics and Workplace Wellness — March 2023
- Creating Stress-Resilient Teams — September 2022
- Employee Wellness and Mental Health in Remote Work — May 2021

 (974) 136-9765

 john.parker@gmail.com

 Chicago, IL

EDUCATION

Certified Corporate Wellness Specialist

Corporate Health & Wellness Association, Certified: August 2019

Bachelor's in Health Science

DePaul University, United States, Chicago, IL

2012 - 2016

Worksite Wellness Program Manager

National Wellness Institute, Certified: June 2020

SKILLS

- Corporate wellness program development
- Health risk assessments
- Stress management and work-life balance workshops
- Employee engagement and productivity strategies
- Collaboration with HR and leadership