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- Objectives* With a career focused on inspiring others to achieve individual visions of health and well being, Sara strives to develop personalized initiatives by actively demonstrating ideal behaviors. Extensive experience with a diverse group of clients allows her to be knowledgeable, approachable and cooperative with any business or organization.
- Program Development* Initialized and contributed to the committee that developed a worksite wellness program by creating a name, mission and overall plan. Provided regular lunch and learn presentations, created monthly newsletters, offered weekly health challenges and encouraged employees to practice good health while at work.
- Wellness Leadership* Established and developed GPI Wellness, focusing on overall health and wellbeing in the corporate setting. Initiated a plan to implement wellness programs in the airport setting and successfully completed two pilot programs with the CVG Airport. Effectively launched walking routes throughout baggage claim and terminals to encourage physical activity while traveling. Partnered with the American Heart Association to implement and design these routes as a way to promote heart health initiatives in the city. Developed a circuit workout program for Kenton County Airport Board employees to promote worksite wellness and demonstrate new ways to utilize gym equipment.
- Grant Writing* Wrote and was rewarded mini grants from the Academy of Nutrition and Dietetics then applied these funds to create presentations and webinars for fellow staff, new hires and volunteers. These presentations utilized provided toolkits to educate and provide training on decreasing obesity in the community.
- Nutrition Education* Educated low-income elementary age children about the importance of nutrition and physical activity with a curriculum that included hands-on lessons in afterschool programs. Personally contributed to the development and launch of a new curriculum by improving the lessons already in place. Instructed adult education classes at local food pantries and created new lesson topics as new ideas were suggested. Facilitated team building workshops based on work methods and common practices to improve employee relations. Presented at conferences about physical activity in after school programs and basic nutrition.
- Health Coordination* Managed 350 members by providing health-coaching services to improve health insurance services. Offered advice and education to members about their health. Established relationships with each those members to ensure adequate care was provided to each individual. Provided support in numerous areas including nutrition, exercise, disease management and prevention.
- Innovative Research* Completed extensive training curriculum for an innovative clinical research organization. Experienced monitor of clinical research studies for numerous therapeutic areas with a focus in oncology by developing site relationships, following disciplined processes and utilizing complex technologies. Participated in accelerating drug and device development from phase I through IV studies which continue to treat and cure life threatening diseases.
- Education* Bachelor of Science in Human Ecology, Dietetics – The Ohio State University 2012