

Debra Riddell, CWPM

P.O. Box 1807, Broomfield, CO 80038 riddelldeb@gmail.com 303-956-3479

OBJECTIVE

To have a significant and positive impact on employee satisfaction and productivity, as well as company profitability by successfully managing a results-based worksite wellness program.

EXPERTISE

Wellness Program Management	Business Management
Health/Motivational Coaching	Sales & Marketing
Health Education	Vendor Management
Personal Training/Group Exercise	Advanced MS Office

CERTIFICATIONS

Wellness Program Manager; *Chapman Institute*
Worksite Wellness Specialist; *National Wellness Institute*
Diabetes Self Management Instructor; *Stanford University*
Chronic Disease Self-Management Instructor; *Stanford University*
Personal Trainer; *American College of Sports Medicine (ACSM)*
Wellness Coach; *Wellcoaches, Inc., in affiliation with Harvard University and ACSM*
Group Exercise Instructor; *Aerobics and Fitness Association of America*
Health Education and Exercise Instructor; *Arthritis Foundation Exercise Program*
Fall Prevention Instructor, A Matter of Balance; *Maine Health Partnership for Healthy Aging*
CPR/AED (Adult/Child); *American Heart Association*

MEMBERSHIPS

International Assoc. of Worksite Health Promotion
National Wellness Institute
Wellness Council of America
Colorado Human Resource Association
Wellcoaches, Inc.
American College of Sports Medicine

AGENCY AFFILIATIONS

Colorado Health Foundation
Denver Regional Council of Governments
Area Health Education Center
Institute of Health and Productivity Management
Arthritis Foundation
Tri-County Health Department
Coalition for Older Adult Wellness
Weld County Area Agency on Aging

EDUCATION

University of Colorado; Boulder, CO - Real Estate
Regis University; Denver, CO - Business

WORK HISTORY

Program Coordinator: Volunteers of America, Denver, CO 02/2010 - Present
Health education, wellness and motivational coaching, and exercise instruction and prescription.
Facilitate chronic conditions self-management , diabetes, and fall prevention classes.

Health/Wellness Coach: Self employed, Broomfield, CO 04/2008 - Present
Coach clients to manage weight, stress, time, injury recovery, smoking cessation, arthritis, menopause, nutrition, and exercise.
Facilitator for chronic conditions self-management and diabetes self-management classes; Area Health Education Center (AHEC).

Personal Trainer: Lifetime Fitness, Westminster, CO 10/2008 - 12/2008

General Manager & Area Sales Director: Corporate Office Centers, Broomfield, CO 04/2003 - 10/2008
General Manager: Executive Suites of Louisville, Louisville, CO
Sales and marketing, business development, and account management for 92 executive offices.
Contract preparation, proposal, presentation, and negotiation.
Operations management: staff payroll, training and development, retention, performance and behavior, policies, compensation, and benefits. Billing, collections, A/R, A/P, budget maintenance, procurement, periodic reporting, and data mgmt.
Vendor management.

Realtor: Self employed, Longmont, CO 12/2000 - 3/2003
Residential property sales: business development, contract management.