

CHERICE GODARD, MHS, NBC-HWC

HEALTH & WELLNESS COACH (NBC-HWC)

CONTACT

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-  chericegodard@gmail.com
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-  12721 SW 108th Terrace, Tigard, OR 97223

SKILLS

Delivering health coaching programs

Team leadership

Project and personnel management

Mentor coaching

EDUCATION

Masters of Health Sciences

University of Maryland, Baltimore
2020-2023

Integrative Health and Wellness

Capstone project: HIV Educational intervention toolkit

Bachelor of Science

Utah State University
1998-2002

Public Health Education

Magna Cum Laude with Honors

CERTIFICATIONS

National Board Certified Health and Wellness Coach (NBC-HWC)
Certification #366649731

CDC National Diabetes Program
Certified Lifestyle Coach

PROFILE

Accomplished health promotion leader with 23 years of experience, including 14 years in public health and 9 years in health coaching. Certified Wellcoach® (2016) and NBC-HWC (2018), with a proven track record of designing, leading, and teaching health coaching programs for university students and working professionals using NBHWC-approved curricula. Skilled at building high-performing teams, developing evidence-based programs, and driving measurable outcomes in personal and professional wellness.

WORK EXPERIENCE

Assistant Director, Mentor & Program Leader

Health and Wellness Coaching Academy

- Led delivery of NBHWC-approved health coaching curriculum in a live online environment, integrating evidence-based practices and behavior change strategies to prepare the next generation of health coaches.
- Provided strategic mentorship to student-coaches, fostering professional growth in motivational interviewing, client-centered communication, and coaching presence.
- Directed and evaluated Practical Skills Assessments (PSAs), delivering high-impact feedback that strengthened competencies and supported certification readiness.
- Oversaw key program operations—including enrollment, LMS deployment, and graduation processes—driving program efficiency, learner success, and continuous quality improvement.

Adjunct Faculty

University of Portland, School of Nursing and Health Innovations

- Co-developed and taught NBHWC-aligned courses, supporting the university's successful approval as an NBHWC "Approved Training Program."
- Expanded the health coach training program to include post-baccalaureate students and launched a practicum course to prepare graduates for NBHWC certification.
- Mentored student-coaches through supervision, feedback, and Practical Skills Assessments (PSAs), strengthening professional competencies.
- Collaborated with faculty on integrative health coursework, contributing to the growth and academic credibility of the program.

Health and Wellness Coach Director

360 Me Clinic

- Established and led the clinic's health coaching division, creating systems and strategies that expanded patient care services.
- Designed and delivered individualized coaching and group classes on vision planning, motivation, and sustainable behavior change.
- Maintained accurate patient data in the electronic medical records (EMR) system, ensuring continuity of care.
- Partnered with the Physician and Registered Dietitian to provide integrated, wrap-around health promotion services for improved outcomes.

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INSTRUCTOR & MENTOR

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EXPERTISE

- Directed and delivered health coaching programs and educational courses, fostering client engagement, skill development, and measurable wellness outcomes.
 - Oversaw program operations, managing budgets, timelines, and team performance to ensure efficiency and impact.
 - Mentored and developed staff and student-coaches, promoting professional growth, accountability, and coaching excellence.
 - Analyzed health data to provide strategic, evidence-based recommendations supporting regulatory compliance and optimized program outcomes.
 - Maintained HIPAA-compliant patient data and produced high-quality deliverables across multiple platforms (MS Office, Apple OS).
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REFERENCES

Jennifer Lundman, MSW, LCSW, NBC-HWC, CPT

-  303-594-0309
-  coach@livewellcoaching.org

Meg Reichert, MS, NBC-HWC

-  404-759-5567
-  meg.a.reichert@gmail.com

WORK EXPERIENCE CONT.

Owner and Operator

Connect Health Coaching

- Delivered individualized health and wellness coaching to private clients, supporting behavior change and personal goal achievement.
- Designed and facilitated community workshops, including "Mindfulness for Daily Living," promoting practical wellness strategies across the Portland Metro area.
- Mentored and guided fellow NBC-HWCs, enhancing professional skills and coaching competencies.

Project Manager

Forensic Analytical Consulting Services

- Led 550+ client- and team-focused projects from inception to completion, coordinating resources, tracking progress, and delivering data-driven recommendations to support goal achievement.
- Provided clear, actionable guidance through analysis of complex data and field observations, enhancing decision-making, behavior change, and health outcomes.
- Designed and delivered training programs and educational resources, mentoring staff and stakeholders to strengthen coaching, communication, and skill development.
- Supervised and developed team members, fostering professional growth, accountability, and collaborative performance, directly translatable to coaching leadership and client mentorship.