

Curriculum Vitae



Lesley A. Baradel
MBA, MS, RDN, LD, CWP, FAND
Cell: 404.664.4344
Email: lbaradel6@gatech.edu

KEY CLIFTON STRENGTHS

LEARNER | MAXIMIZER | ANALYTICAL | INDIVIDUALIZATION | FOCUS

EARNED DEGREES

Master of Science in Health Sciences with concentration in Nutrition
Georgia State University, Atlanta, GA
May 2008

Master of Business with a concentration in Marketing Strategy
Goizueta Business School, Emory University, Atlanta, GA
May 2002

Bachelor of Arts, Economics and Business Administration
Vanderbilt University, Nashville, TN
May 1995

PROFESSIONAL COMPETENCIES

Dietetic Internship
Georgia State University, Atlanta, GA
September 2006 – August 2008

EMPLOYMENT HISTORY

Georgia Institute of Technology
Atlanta, GA

Lecturer

May 2023 - Current

Adjunct Lecturer

August 2016 – April 2023

- Instruct large and small classes on scientific foundations of health and wellness, including key dimensions of wellness such as nutrition, physical activity, sleep, stress, chronic disease, and emotional wellness.
- Teach in-person, online, and hybrid modalities.
- ***Descriptions of Courses Taught:***
 - ***Applied Physiology 1040: Scientific Foundations of Health:*** Students learn how genetics, the environment and human behavior influence well-being. Topics include nutrition, physical activity, sleep, nutrition, stress management and chronic disease prevention.
 - ***Applied Physiology 1050: The Science of Physical Activity and Health:*** Students learn the importance of health fitness, good nutrition, stress management and chronic disease prevention. Activity portion of course will focus on training to improve fitness.

- ***Applied Physiology 1060: Flourishing: Strategies for Wellbeing and Resilience:*** Student improve their health/well-being and flourish by using conceptual pillars such as coping, resiliency, optimism, mindfulness, and emotional intelligence. **Course co-developed with Dr. Christie Stewart.*

President/Owner

Dietitian Nutritionist, Consultant, and Speaker

Lesley Ann Wellness, dba My Menu Pal

Atlanta, GA

January 2014 - 2023

- Consult with the food service industry to provide recipe analysis, menu labeling, compliance with menu labeling regulations, and healthy menu development.
- Manage all business operations, including finance, marketing, communications, business development and website.

Adjunct Lecturer

Georgia State University

Atlanta, GA

August 2013 – May 2017

- Instructed pre-nursing and nutrition science students on the basic principles of human nutrition and application within the concepts of wellness, primary prevention, and illness.
- Instructed nutrition science students on nutrition and food policy and learn how the U.S. government develops policies aimed at ensuring a sufficient, nutritionally adequate, safe, affordable, and sustainable food supply.
- ***Descriptions of Courses Taught:***
 - ***Principles of Nutrition:*** The students learned the basic knowledge of nutrients and energy, and the scientific basis for nutrient requirements. The course also provides students with the information on nutrient associations with disease and principles for applying scientific nutrition principles to contemporary nutrition issues.
 - ***Nutrition for Health Professionals:*** The students learned the more detailed knowledge of nutrients and energy, and the scientific basis for nutrient requirements with a focus on lifecycle nutrition and medical nutrition therapy.
 - ***Nutrition and Food Policy:*** The students learned the premise that rational and desirable policy goals for any society are to create and maintain food systems that promote health, protect the environment, are sustainable, and support the livelihoods of participants, but that powerful forces in society may oppose this premise in theory or practice.

President/Owner

Dietitian and Nutritionist, Consultant, and Speaker

Balanced Nutrition, LLC

Atlanta, GA

August 2008 – January 2019

- Provided one-on-one nutrition counseling in the areas of weight management, vegetarian/vegan diet needs, sports nutrition, pediatric, and other nutritional areas.
- Maintained website blog to educate consumers on weekly menu options and other health topics.
- Speak on various wellness topics for professional meetings, schools, local community groups.

Instructor, Indoor Cycling

Lifetime Fitness and YMCA

Atlanta, GA

March 2012 – January 2016

Dietitian Nutritionist
The Westminster Schools

Atlanta, GA

February 2012 – December 2012

- Developed comprehensive school-wide policy for food allergy management including policy development for on-site and off-site activities and training for student, parents, faculty, and administration.
- Assisted students and families with special dietary needs, such as Type I Diabetes and severe food allergies, in menu selection and education.
- Worked with food service on menu selection for 2,000+ meals per day and assisted with moving from in-house chef to third party vendor.

Dietitian Nutritionist
Lifestyle Improvements

Atlanta, GA

May 2011 (Ongoing)

- Worked with small to medium size companies participating in corporate health fairs.
- Focused on total health management, including nutrition services, bone density scanning, body composition testing, and vision and hearing testing.

Dietitian Nutritionist
Community Health Network

Atlanta, GA

May 2008 – February 2009

- Participated in corporate health fairs taking biometric measurements for risk analysis and triaged participants into low, medium, and high-risk factors.
- Coached 100+ employees in one-on-one nutrition counseling sessions.
- Spearheaded initial stages of improving vending machine choices and developing ways to encourage healthy food choices at point-of-sale.
- Developed training materials for use with on-site presentations, one-on-one coaching sessions, and health fairs.

Graduate Research Assistant, Dr. Mildred Cody
Georgia State University

School of Nursing and Health Professionals

September 2006 – December 2006

Senior Marketing Manager, Personal Lines and Internet
GMAC Insurance, formally a subsidiary of General Motors

Atlanta, GA

June 2002 – March 2006

- Led development of new online quoting application resulting in 60% lift in quote completion rate. Responsible for all marketing materials. Liaison with third party vendors and GMAC teams.
- Led highly profitable segment of GM/GMAC employees, family members and strategic partners. Drove a 5% increase in policies over 18 months in a market that had seen a 10% decline.
- Reenergized \$3 Billion market opportunity with an innovative strategic marketing plan using newly developed data analysis of proprietary marketing data from GM/GMAC subsidiaries. Marketing plan included direct mail and Internet and employee marketing including nationwide advertising, road shows, and partnering with GM/GMAC businesses.
- Led GMAC's first professionally developed market analysis, including surveys and focus groups, to evaluate market opportunities.

Associate Intern**A.T. Kearney Consulting**

Atlanta, GA

May 2001 – September 2001

- Drove strategic sourcing initiatives for aluminum and electrical commodities spend of \$20+MM. Analysis resulted in 32% improvement over targeted savings estimates.

Managing Director**AquaCal Australia**

Sydney, Australia

January 1998 – July 2000

- Moved to Australia to establish business for US-based swimming pool heating and chlorination company resulting in 200% increased sales volume.
- Managed all business functions including business development, strategic marketing efforts, sales, purchasing, and service functions.

Project Manager, Performance Management Team**Capital One Services, Inc.**

Richmond, VA

June 1995 – December 1997

- Implemented newly developed, Oracle-based performance reporting system for senior management and 800 call center associates in Dallas and Richmond. Coordinated with management and IT department to resolve data discrepancies impacting associate compensation, incentives, and promotions.
- Coached and developed up to 50 call center associates during Management Trainee Program.

AWARDS AND RECOGNITIONS

Grant, Transformative Teaching & Learning Innovation Incubator Grant, 2025-26

Fellow (Selected), [Leaders in Teaching and Learning](#), 2024-2025

Nominee (Selected), **Geoffrey G. Eichholz Faculty Teaching Award**, Nominee, Georgia Institute of Technology, 2024

Guest Coach, nominated by student athletes to be a guest coach for University of Miami football game, 2024

Fellow (Selected), [Class of 1969 Teaching Fellow](#), 2023-24

Fellow (Selected), [Inclusive STEM Teaching Fellows Institute](#), DEI In Teaching & Learning In Higher Education, 2022-23

Thank-A-Teacher Award, Georgia Institute of Technology, 2016, 2019 - 2024, student recognition for excellence in teaching

Outstanding Part-Time Instructor Award, Nominee, Georgia State University, 2017

Fellow of the Academy of Nutrition and Dietetics (FAND), ongoing, acknowledgement of committed service to the dietetics profession and optimizing the nation's health through food and nutrition

All American Athlete, USA Triathlon, 2013-14

Outstanding Graduate Student Award, Georgia State University, April 2008

Entrepreneurship Award, AquaCal Australia, 2000

HIGHER EDUCATION ADMINISTRATIVE AND LEADERSHIP EXPERIENCE

Georgia Institute of Technology

- Leadership Team, AI Steering Committee, College of Sciences, 2025-Current
 - Spearheaded assessment of Digital Education Council certificate training programs for faculty/administration and students
- Member, AI Steering Committee "Usage" Working Group, 2025-Current
- Representative, GT Faculty Senate, 2025-2028
- Leadership Team, Center for Effective Team Dynamics, 2024-Current

Georgia Institute of Technology, School of Biological Sciences

- Curriculum Development
 - Integration of CliftonStrengths curriculum into APPH 1040 and APPH 1802
 - Development of new course APPH 1802, *Thriving, Not Just Surviving: Strategies for Health and Resilience* (Currently APPH 1060)
 - Development of online course for APPH 1040
 - Development Community Partnership Project through a Transformative Teaching and Learning Initiative grant (APPH 1060)
- Teaching assistant/activity instructor training and development
 - Lead teaching assistant meetings
 - Provide course grading and communication observations and feedback
 - Provide end-of-semester feedback
- Student and employee well-being
 - Facilitator, Effective Team Dynamics (CliftonStrengths)
 - GT1000/2000 Seminars
 - Scheller School of Business
 - Organization for Information and Technology
 - Texas Tech University

Georgia Department of Education

- Curriculum Development, 2007
 - Development of nutrition-focused lesson plans for MyGaDOE lesson database

EDUCATIONAL INNOVATIONS

- *Founder, Bill Kent Family Foundation AI in Education Fellowship, C21U 2025*
Spearheaded the development of the BKFF AI Fellowship at GT that aims to empower educators with the knowledge and skills necessary to integrate artificial intelligence (AI) tools into their teaching practices.
- Development of C.A.P.E.R.S AI Prompting Framework, 2024
- Co-development of course APPH 1802/1060, *Thriving, Not Just Surviving: Strategies for Health and Resilience*, with Dr. Christie Stewart
- Co-development of weekly stress survey for APPH 1802, with Dr. Christie Stewart
- Development of lecture materials, activity resources, and assessments for APPH 1802/1060
- Development of lecture materials, activity resources, and assessments for APPH 1040
- Development of lecture materials, activity resources, and assessment for APPH 1050
- Development assistance to Effective Team Dynamics team for online course

PUBLICATION

LA Baradel, C Gillespie, JR Kicklighter, MM Doucette, M Penumetcha, HM Blanck. Temporal changes in trying to lose weight and recommended weight-loss strategies among overweight and obese Americans, 1996-2003; Published in Preventive Medicine. 2009 Aug-Sep; 49 (2-3): 158-64

[Link to Publication](#)

PRESENTATIONS AND WORKSHOPS

Submitted Presentations

- Using Resilience and CliftonStrengths Curriculum to Promote a Flourishing Campus Initiative, Building Health Academic Communities (BHAC) Webinar, July 2021, co-facilitated with Dr. Christie Stewart

Invited Presentations

- Developing Strategies for Your Wellbeing and Resiliency, Georgia Institute of Technology Housing Residential Assistant Training, August 2022
- Flourishing, Using the PERMA Model to Improve Well-Being, GT1000 College of Sciences Explore Living Learning Community (LLC), October 2021
- Using Resilience and CliftonStrengths® Curriculum to Promote a Flourishing Campus Initiative, Building Healthy Academic Communities, July 2021

Accepted Presentations

- C.A.P.E.R.S.: A Prompting Framework that Integrates Pedagogical Practices into AI-Driven Coursework Creation, University System of Georgia, Teaching and Learning Conference, co-facilitated with Vincent Spezzo, 2025
- Boodlebox Collaborative AI Accelerator Series, Using AI to Support Classroom Assignments in STEM Classes, 2025
- Latimer, J., Dr. Realff, M., Templin, C., Fennell, J., Dr. Stewart, C., Baradel, L., Applying Personal Strengths: Building Well-Being and Resilience Strategies in an Undergraduate Wellness Course. ASEE Annual Conference & Exposition, 23 April 2024, Georgia Institute of Technology, Paper ID #42510
- Baradel, L. Cultivating an Empowerment-Oriented Approach in our Digital World, Kennesaw State University Summit of Teaching and Learning, 2024
- Teaching with Technology Spotlight: AI Created Assignments Using TILT and UDL Pedagogies, co-facilitated with Vincent Spezzo, GT Center for Teaching and Learning, 2024
- C.A.P.E.R.S.: A Prompting Framework that Integrates Pedagogical Practices into AI-Driven Coursework Creation, Georgia Tech School of Biological Sciences Conference, August 2024
- Strengths in Action: An Introduction to Clifton Strengths and Enhancing Team Dynamics, Georgia Tech School of Biological Sciences Conference, August 2024, co-facilitated with Dr. Christie Stewart

Workshops

- CliftonStrengths: Individual and Team Insights, Scheller School of Business, MS-MGT Program, co-facilitated with Dr. Christie Stewart, 2025
- CliftonStrengths: Individual and Team Insights, Scheller School of Business, MBA Program, co-facilitated with Dr. Christie Stewart, 2023-25
- Interdisciplinary Collaboration for Graduate Students, CASFER Graduate Students, Texas Tech 2023-25
- CliftonStrengths: Individual and Team Insights and Crucial Conversations, CASFER Leadership Team for NSF Grant, 2024-25
- CliftonStrengths: Individual and Team Insights, GT 1000/2000, 2021-25

- CliftonStrengths: Individual and Team Insights and Crucial Conversations, Scheller School of Business, Evening MBA Executive Team, co-facilitated with Dr. Christie Stewart, 2024
- CliftonStrengths: Individual and Team Insights and Crucial Conversations, CASFER Leadership Team, Texas Tech, 2023
- CliftonStrengths: Individual and Team Insights, Office of Information Technology, co-facilitated with Dr. Christie Stewart, 2023

Poster Sessions

- Cultivating an Empowerment-Oriented Approach to Flourish in Our Digital World, Georgia Tech School of Biological Sciences Conference, August 2024
- Cultivating an Empowerment-Oriented Approach to Flourish in Our Digital World, Celebrating Teaching Day, Center for Teaching and Learning, Georgia Tech, March 2024

Panels

- **Invited Panelist**, Teaching Excellence: Teaching in the Age of AI, NSF 2025 USUCGER Early Career Workshop for Geotechnical Faculty, October 2025
- **Invited Panelist**, Harnessing AI Tools to Make Teaching More Effective and Engaging, GT Library and CTL Collaboration, October 2025
- **Invited Panelist**, AI in the Classroom, Oglethorpe University, October 2025

SOCIETAL AND POLICY IMPACTS

Founder, Bill Kent Family Foundation 2025

AI in Education Fellowship, C2IU

Spearheaded and funded the development of the BKFF AI Fellowship at GT that aims to empower educators with the knowledge and skills necessary to integrate artificial intelligence (AI) tools into their teaching practices.

[Link to Fellowship page](#)

Flourishing Through Service: Innovation Initiator Grant 2025

To Enable Wellness Course Expansion

[Link to Article](#)

Student Making a Difference: Spotlighting the American 2025

Lung Cancer Screening Initiative

[Link to Article](#)

Spotlighting Student Advocacy: GT's Lung Cancer Screening 2025

Initiative

[Link to LinkedIn Post](#)

Dean's Digest 2025

Flourishing Through Service: Innovation Incubator Grant

to Enable Wellness Course Expansion

[Link to Article](#)

2021 President's Report 2021

APPH 1060 Flourishing Course recognized in President's Report

[Link to Report](#)

Pilot Provides Student Tool Kit for Stress Management, 2020

PROFESSIONAL GROWTH AND DEVELOPMENT

Fellowships/Programs

- Fellow (Selected), [Leaders in Teaching and Learning](#), 2024-25
- Mentor to Graduate Researcher (Selected), [Valuing Individual Goals and Objectives in Research Program \(VIGOR\)](#), 2024-25
- Fellow (Selected), [Class of 1969 Teaching Fellow](#), 2023-24
- Fellow (Selected), [Inclusive STEM Teaching Fellows Institute](#), DEI In Teaching & Learning In Higher Education, 2022-23

2025

- From the Human Genome Project to the Realization of Genomic Medicine, Webinar with Eric Green, M.D, PhD, Former Director of NIH Genome Research Project
- CITI Program, Human Research IRB Certification, Group 2 Social/Behavioral Researchers and Key Personnel
- The Blue Zones in Practice: Lessons from Centenarians Around the World, Today's Dietitian
- Planning for Responsible AI: Security and Transparency in Institution-Wide Adoption, Grammarly
- Teaching with Technology Roundtable: Effectively Collaborating with TAs Using Technology, CTL
- CTL GTREET 2025: Exploring Effective Teaching
- Introduction to Collaborative AI in Higher Education, BoodleU
- Enhance Student Learning with Reading/Writing Connections, Naugle Communication Center
- Student Motivation for Learning, CTL
- Navigating Teaching & Research in the Era of AI, CTL
- Crafting Your Promotion Narrative for Academic Professionals and Lecturers, Office of Faculty Professional Development
- Faculty Success Coaching Program, Office of Faculty Professional Development
- Rise of the Chatbots: Transforming Student Engagement and Success with AI, Engage Summit
- Blended Learning 101, CTL
- Blended Learning 102: From Concept to Course Design
- C21U Annual Symposium: [Inventing the Future of Learning and Work](#), Global Learning Center
- Developing a Leadership Vision and Plan Workshop, Office of Faculty Professional Development
- Using AI to Support Class Assignments - Mgmt and Business, BoodleU
- Leadership Development Series, Certificate Program, GT Office of Faculty Professional Development
 - Emotional Intelligence
 - Building Lab Culture
 - Difficult Conversations
 - Emotional Leadership Vision
- USG Teaching and Learning Conference, University System of Georgia
- Distance Learning Administration Conference, Distance Learning Association
- Conversational AI for Education: Design, Evaluation, and Continual Improvement, CTL
- Designing Accessible Presentation with PowerPoint, CTL
- Creating Accessible Documents with Microsoft Word, CTL

- Making Data and Tables Accessible in Microsoft Office Applications, CTL
- Crucial Conversations for Accountability, Online Training Certificate, Crucial Learning
- The Power of Habit, Online Training Certificate, Crucial Learning
- Crucial Influence, Online Training Certificate, Crucial Learning
- IRB Training, Office of Research Integrity Assurance

2024

- Chatbots for Instruction, Georgia Institute of Technology, David Joyner, EdX
- [The Faculty Guide to AI: Practical Steps for Transformational Use](#), Grammarly and UT Austin
- Teaching with Technology Roundtables, GT CTL
 - AI in the Classroom
 - Connecting with Students Beyond the Classroom
 - Course Design with AI
- Leadership Development Series, Certificate Program, GT Office of Faculty Professional Development
 - Engaging in Positional and Non-Positional Leadership
 - Articulating Your Leadership Style Workshop
 - Navigating Organizational Culture
- Considering Professional Service Workshop, GT CTL
- Facilitating Productive and Respectful Conversations, GT CTL
- Book Club, Remembering and Forgetting in the Age of Technology, GT CTL
- Semester Strategic Planning Workshop, Office of Faculty Professional Development
- GTREET 2024: Transforming Teaching and Learning with HIPs and CUREs
- Defining Values and Purpose Workshop, GT CTL
- Communicating Your Accomplishments Workshop, GT CTL
- Getting Students to Do the Pework Workshop, GT CTL
- Enhancing Inclusive Teaching with AI: Getting a Jumpstart on Creating a Positive Learning Environment Workshop, GT CTL
- Transparent Methods in Teaching & Learning: TILting Your Assignments for Student Success, GT CTL
- [AI-ALOE](#): AI Institute for Adult Learning and Education
- Conference, Weight Inclusive Treatment of Obesity as a Chronic Disease, Children's Hospital of Atlanta
- Conference, Interviewing for Obesity Treatment, Children's Hospital of Atlanta
- Conference, Addressing Common Food Related Challenges with Obesity, Children's Hospital of Atlanta
- QPR Suicide Training, GT Center for Mental Health Care and Resources
- Grant Writing Proposal Submission Process Workshop, GT College of Sciences
- EDC Symposium: The Assessment of Teaching: A Conversation about Research, Policy, and Practice
- Technology in Positive Psychology Focus Group
- Course Design Studio, GT CTL
- USG Teaching and Learning Conference
- Design and Teach Your Online Course Institute, GT CTL

2023

- Book Club, Critical Teaching Behaviors, GT CTL
- New Faculty Mentoring Group, GT
- Transformative Teaching & Learning Faculty Kick-off, GT CTL
- Gallup at Work Summit 2023, Gallup

- Crucial Conversations for Mastering Dialogue (by [Crucial Learning](#))
- Georgia Community of Practice on Teaching with the [UN Sustainable Development Goals](#)
- Sleep: Neurobiology, Medicine, and Society, Coursera
- Digital Wellness Institute Training, [Digital Wellness Certification](#)
- Digital Wellness Training, [The Joy of Missing Out](#)
- Digitally Well Universities: A New Strategy for Improving Mental Health
- Canvas Template Design Course, GT CTL
- Evaluating and Incorporating Student CIOs Feedback, GT CTL
- Developing Course Guidelines for Students' Use of AI, GT CTL
- Generative Futures: Revolutionizing Learning with Artificial Intelligence, GT
- Generative AI Based Assignments, GT CTL
- C21U Annual Symposium - Generative Futures: Revolutionizing Learning with Artificial Intelligence
- Enhancing Inclusive Teaching with AI Discussion Group, GT CTL
- Transforming Education in the Distance Learning Landscape, GT CTL
- Transforming Teaching and Learning with ChatGPT, GT CTL
- Understanding Microaggressions, GT DEI Training

2022

- Academic Resilience Consortium Conference
- Gallup Accelerated Strengths Coaching Program, Certified Coach/Facilitator
- Sleep Science Coach Certification, Spencer Institute
- Stress Management Coach Certification, Spencer Institute
- Grading Reimagined, GT CTL
- Plan, Design, Develop and Implement Videos in Your Classroom, GT CTL
- Breaking Bias Training, GT DEI Training

2008-2021

- GT Remote and Hybrid Teaching Academy (2021)
- USG Mental Health Summit Attendee (2021)
- Teaching with Technology, Center for Teaching and Learning (2020)
- Be Body Positive Facilitator Training, The Body Positive Institute (2020)
- Building Resilience and Handling Stress in Uncertain Times (2020)
- Helping Students Succeed by Embracing Failure (2019)
- QPR Training, Georgia Institute of Technology (2019)
- Wellness Practitioner Training, Resilience and Thriving, NWI (2019)
- Syllabus Clinic, Center for Teaching and Learning (2017)
- Georgia Academy of Nutrition and Dietetics Annual Conference (2016-2023)
- Commission on Dietetics Registration, Continuing Education (2008-Current)

PROFESSIONAL SERVICE

Leadership Team, AI Steering Committee, 2025-Current

Leadership Team, Center for Effective Team Dynamics, 2024-Current

Faculty Advisor, American Lung Cancer Screening Initiative, 2023-Current

Mentor, CoS VIGOR Mentor Program, 2024-25

Faculty Judge, Ideas to Serve Showcase, Scheller School of Business, 2025

Interviewer, Pre-Health Mock Interview Clinic Participation, 2022-2025

Project Judge, [K-12 InVenture](#) Prize Competition Mock Pitch, 2023-2025
Participant, QEP Faculty Design Charette: Introduction to Progress and Service Course Design, 2024
Panelist, GT Stamp Nutrition at GT Panel, 2024
Member, Emory Community Leadership Impact Program, 2023
Member, Effective Team Dynamics Committee, 2022 - 2023
Board Member, Team Horner Group, 2017-Current
Board Member, Ice Creamers United, 2020-Current
Awards Co-Chair, Georgia Academy of Nutrition and Dietetics, 2021-2022
Board Member, Georgia Dietetic Foundation, June 2009-June 2022
Treasurer, Georgia Dietetic Foundation, 2018-2020
Past President, Georgia Academy of Nutrition and Dietetics, June 2015-June 2016
President, Georgia Academy of Nutrition and Dietetics, June 2014-June 2015
President-Elect, Georgia Academy of Nutrition and Dietetics, June 2013-2014
Treasurer, Georgia Academy of Nutrition and Dietetics, June 2010 – May 2012
Chairperson of Professional Issues, Georgia Academy of Nutrition and Dietetics, June 2009 – May 2010
Co-Chairperson of Professional Issues, Georgia Academy of Nutrition and Dietetics, June 2008 – May 2009
Task Force Member, Business and Management Task Force, Academy of Nutrition and Dietetics, August 2015-December 2015
Student Liaison, Georgia Academy of Nutrition and Dietetics, June 2007 – May 2008
Member, Entrepreneurship Dietetics Practice Group, Academy of Nutrition and Dietetics, Current
Member, Sports, Cardiovascular, and Wellness Nutrition, Academy of Nutrition and Dietetics, Current
Member, Dietitians in Integrative and Functional Medicine, Academy of Nutrition and Dietetics, Current
SUDIA Media/Communications Training, Nashville, TN, May 2014
AND Media/Communications Training, Atlanta, GA, November 14, 2009 and Chicago, IL, April 26, 2013
Academy of Nutrition and Dietetics, Public Policy Workshop, February 2014

PUBLIC AND COMMUNITY SERVICE

Chairperson, My Sister's House, Marist School, 2023-Current
Chairperson, Families in Action Mental Health Task Force, Marist School, 2022-Current
Volunteer, Team Manager, United Futbol Association, Metro Atlanta, 2016-2024
Volunteer, Head Team Manager, Jump Start Gym, 2022-23
Volunteer, Team Manager, Marist Boys Soccer, 2022-2023
Volunteer, Marist for Moms, 2022-Current
Volunteer, Pregnancy Aid Clinic, 2018-Current
Volunteer, Head Team Manager for Club, United Futbol Association, Metro Atlanta, 2019-2022

PROFESSIONAL CERTIFICATIONS

Certification, Human Research Group 2 Social/Behavioral Research Investigators and Key Personnel
 CITI Program, Georgia Institute of Technology
 September 2025

Certified Wellness Practitioner

National Wellness Institute
 May 2025

Registered Dietitian Nutritionist

Commission on Dietetic Registration, Chicago, IL
 October 2008 – Present

Licensed Dietitian Nutritionist

Georgia Board of Examiners of Licensed Dietitian, Macon, GA

October 2008 – Present

Certified Facilitator, [Digital Wellness Institute](#)

Digital Wellness Institute

December 2023

Certified Facilitator, Clifton Strengths

Gallup Institute

April 2022

Certified Coach, Stress Management

Spencer Institute

March 2022

Certified Coach, Sleep Science

Spencer Institute

March 2022

Certified Facilitator, Habitudes

Growing Leaders

July 2020

Certified Facilitator, The Body Positive

The Body Positive

August 2020

Certified Wellness Instructor

National Wellness Institute

Resilience and Thriving: The Secret Power of Stress

July 2019

Certificate of Training in Food Allergies

Academy of Dietetics and Nutrition, Chicago, IL

July 2013

Certificate in Indoor Cycling

Mad Dogg Cycling, Venice, CA

March 2012 - 2018

Certificate in Group Exercise

YMCA, Atlanta, GA

November 2012 - 2018

Certificate in CPR and AED

American Safety and Health Institute (ASHI)

April 2012 – 2018

PROFESSIONAL ASSOCIATIONS

Academy of Nutrition and Dietetics

Georgia Academy of Nutrition and Dietetics

Greater Atlanta Dietetic Association