

Alla Blackner

Health Coach

Dynamic Health Coach with 2 years of experience empowering clients to achieve wellness goals. Skilled in personalized nutrition plans, fitness strategies, and motivational techniques. Passionate about inspiring lifestyle changes and fostering sustainable health habits.

alla.blackner@gmail.com 

(392) 076-8601 

Rochester, NY 

Education

Certificate in Health Coaching at The Institute for Integrative Nutrition, New York, NY

Feb 2019 - May 2023

Relevant Coursework: Nutrition science, behavior change strategies, motivational interviewing, wellness planning, and anatomy basics.

Links

[linkedin.com/in/allablackner](https://www.linkedin.com/in/allablackner)

Skills

Motivational Interviewing



Behavior Change



Nutrition Science



Holistic Health



Stress Management



Client Assessment



Wellness Planning



Languages

English



Hindi



Employment History

Health Coach at Noom, NY

Mar 2025 - Present

- Guided over 150 clients through personalized wellness plans, resulting in a 30% increase in client goal achievement rates.
- Implemented a new digital tracking system that improved user engagement by 40% and streamlined progress monitoring.
- Collaborated with cross-functional teams to develop innovative health strategies, enhancing program retention by 25%.

Wellness Coordinator at Precision Nutrition, NY

Feb 2023 - Feb 2025

- Developed and implemented personalized wellness programs, increasing client retention by 25% over a six-month period.
- Led nutrition workshops that boosted participant engagement scores by 40%, enhancing overall program satisfaction.
- Streamlined the appointment scheduling process, reducing administrative time by 15 hours per month and improving client access to services.
- Collaborated with cross-functional teams to launch a new online coaching platform, resulting in a 30% increase in remote client enrollment.

Certificates

Certified Health Coach (CHC)

Oct 2023

Functional Medicine Health Coach Certification

Oct 2021

Memberships

National Board for Health & Wellness Coaching

International Coach Federation