

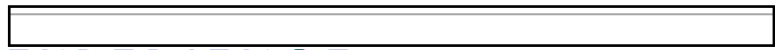


# FRED BLOCK

## HEALTH & WELLNESS COACH

### Profile

Fred is passionate about helping others realize their true potential. Fred has combined his special education experience with health & wellness coaching. His approach is a scientifically researched based process that facilitates and enhances human development. Through partnering with Fred, you can begin to live in ways that reflect your interests, values and inner motivations.



### EXPERIENCE

#### STUDENT

**Maryland University of Integrative Health**

**2020-present**

- Effectively conducted health and wellness coach intakes
- Managed personalized health and Wellness coaching sessions tailored to individual needs based on health conditions, lifestyle and stages of change
- Utilized various tools including Wellness Wheel, values and vision exercises and educational handouts

#### HEALTH & WELLNESS COACH

#### ENTREPRENEUR

**2017-present**

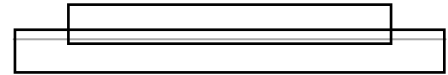
- Develop strategies with clients to enhance mental well being
- Collaborate with clients to create new learning and action plans to work through obstacles and realize goals
- Perform motivational interviewing to discover values and vision
- Created website and marketing tools to enhance business

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 137 Oakland Road, NJ

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### EDUCATION

**MASTER OF ARTS, HEALTH AND WELLNESS COACHING (MAY, 2023)** MARYLAND UNIVERSITY OF INTEGRATED HEALTH

**MASTER'S OF SCIENCE IN SPECIAL EDUCATION (6/99)** LONG ISLAND UNIVERSITY

**BACHELOR'S OF SCIENCE IN BUSINESS (6/95)** TOWSON UNIVERSITY

### SKILLS

- Strong listening skills
- Expertise in motivation & communication
- Problem solver focused on solutions systems & goal setting
- Training on social emotional learning
- Client centered approach to growth



# FRED BLOCK

## HEALTH & WELLNESS COACH

### EXPERIENCE

#### SPECIAL EDUCATION TEACHER

High School For Health Professions & Human Services, NY,  
NY  
2016-2017

- I created academic goals using a team based approach
- I developed units of content while implementing differentiated instruction
- I designed websites with which student's engaged
- I facilitated high school biology labs

#### LEARNING SPECIALIST

Opportunity Charter School, Harlem, NY  
2011-2016

- I fostered student learning in a co-teaching setting in history, science and English
- I designed social emotional curricula
- I coordinated a program assisting students develop business plans

#### TEACHER

Lycee Jean Moulin, France  
2006-2010

- I taught English to French students
- I learned French communication skills
- I designed English games & formed discussion groups

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### QUALIFICATIONS

- Certified in Animal Flow movement
- Author of a book called Staying Cool
- Certified Biology teacher
- Post Baccalaureate of Health & Wellness Coaching