

Clare Sente, MS, RD

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EXPERTISE AND ACHIEVEMENTS

- Over twenty years of success with positive **health behavior change** in individuals
- Superior verbal and written **communication skills**. Author of published self-help book
- Architect of hundreds of cost-effective **corporate wellness programs**
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PROFESSIONAL EXPERIENCE

November 2006

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Present

Clarity Living, LLC, Elmhurst, IL
President

Hired by J & K Health Consulting (20 hours/week) to contribute, edit, and work with the printer on a health guidebook specific for truck drivers (publish date January 2010). Promote guidebook and 90-days of health coaching to Illinois trucking firms. Find corporate sponsorship for follow-up health DVD's targeted to the drivers, and provide weekly telephonic health coaching to high risk truck drivers.

Deliver Medical Nutrition Therapy for women regarding weight loss, polycystic ovary syndrome "PCOS", and infertility at Tiffani Kim Institute in Chicago. Co-created and co-delivered content for Fertility Boot Camp Workshop, 11/14/09.

Host of six complementary teleseminars in 2009. Target audience is females over 40 years old. The "Diamond Series" mission is to provide useful information on physical, emotional, and spiritual health by interviewing subject matter experts using an interactive talk show format. Past teleseminars can be heard on www.clarityliving.com website.

Co-wrote and published self-help book, Finding My Marbles: A Story You Can Read & Live, January 2009. Keynote speaker with co-author Troy Adams, PhD at Positive Psychology Forum, Sedona, AZ (2/13/09). Presenter for International Foundation Employee Benefit Professional's educational webinar (2/14/08) on Corporate Wellness.

June 2005

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October 2006

vielife International, London, England
U.S. Business Development

Assist international wellness company to achieve 100% revenue growth in 2005 and 70% growth in 2006 breaking into U.S. market. Provide subject matter expertise and training for channel partner's sales teams. Achieve on time delivery of all U.S. Client Management Reports.

August 2004
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June 2005

Gordian Health Solutions, Nashville, TN
Vice President of Business Development

On target to reach \$500,000 annual sales goal, before recruited by vielife. Create and deliver memorable PowerPoint sales presentations to Health Promotion Consultants at AON, Watson Wyatt, Mercer, and Hewitt. Develop strong relationships with the consultants to solve their clients' health cost and productivity problems.

August 2000
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November 2003

GCG Financial, Bannockburn, IL
Account Executive

Account management for thirty-five clients (150 to 5,000 employees) with ninety-five percent client retention and client satisfaction. Develop solid vendor relationships with health, disability, and dental insurance vendors. Provide subject matter expertise on Health Improvement for clients. Create and produce First Annual Women's Executive Network Seminar with fifty attendees.

May 1998
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July 2000

Kraemer Loney & Associates, Ltd., Lake Bluff, IL
Wellness/Benefits Consultant

Solve health cost and productivity problems for self-insured companies (300-900 employees) by designing and delivering successful Health Improvement programs and incentives. Present company group reports to CEO's, CFO's, and Village Managers while recommending wellness program options for the next 1-3 years.

September 1991
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May 1998

Highland Park Hospital, Highland Park, IL
Account Executive/Manager HealthWorks®

Increase HealthWorks® annual clinic revenue 52-70% from 1995 to 1998. Manage occupational health department for 1,000 internal employees and 200 local businesses, with a staff of six. Create the hospital's first sales position reporting to the Senior Vice President. Earn promotions from health educator to clinic manager and then to account executive.

November 1988
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July 1991

Health Management Resources "HMR", Chicago, IL
Health Educator/National Trainer

Achieve 4% drop out rate for clinic when current national average is 25% and "Best Practice" is 12%. Promotion to National Trainer after six months creates new company record. Open and manage Skokie Training Center; interview and hire staff, teach weekly health education classes, and manage 80-100 clients. Create new 4-week teaching curriculum adopted nationally by HMR.

EDUCATION

1992 **University of Illinois, Champaign, IL**
Master of Science Foods & Nutrition GPA: 4.5 of 5

1985 **Indiana University, Bloomington, IN**
Bachelor of Science Nutrition, GPA: 3.6 of 4

CERTIFICATIONS

Registered Dietitian (ID# 706765)
Coaching Certificates: Mindful Coach™, Intrinsic Coach®, and Motivational
Interviewing