

# YSABEL MONTEMAYOR

REGISTERED DIETITIAN

## MAIN OBJECTIVE

I am a registered dietitian looking for a remote, content development or coaching position related to health and wellness.

## SKILLS & COMPETENCIES

- Nutrition analysis
- Copywriting / editing
- Content development
- Customer service
- Physical education

## CERTIFICATIONS

- Registered Dietitian, ID #: 86087849
- ACE Certified Personal Trainer, ID #: T243246
- Basic Life Support (CPR & AED)

## ACADEMIC BACKGROUND

### CAL STATE LONG BEACH

B.S. in Nutrition and Dietetics | 2013 - 2016

### ORANGE COAST COLLEGE

General Education | 2011 - 2013

## CONTACT DETAILS

Cell: 949-910-8293  
montemayorsabel@gmail.com  
Mililani, HI

## CAREER SUMMARY

### CONTENT CREATOR / RD

Fresh n' Lean | Anaheim, CA | 2018 - 2019

- Created, proofread, and edited science-based content
- Quoted in various articles (e.g. HuffPost, Bustle, Popsugar, Insider)
- Provided nutrition advice to multiple teams
- Assisted marketing team in numerous campaigns and projects
- Assisted food production team with label creation and food ingredient accuracy

### RECEPTIONIST

International Education Corp. | Irvine, CA | 2017

- Communicated effectively in person and over the phone
- Assisted in credit card audits

### BARISTA

Kung Fu Tea | Silver Spring, MD | 2016 - 2017

- Prepared beverages and provided excellent customer service

### ASSISTANT MANAGER

Lollicup Diamond Jamboree | Irvine, CA | 2013 - 2016

- Trained and shadowed employees on cashier, drink-making, teamwork, cleanliness, and customer service
- Maintained store flow and efficiency
- Handled customer complaints and concerns

### CASHIER

Sushi Boy | Irvine, CA | 2011 - 2012

- Efficiently handled customer orders and transactions

## PROFESSIONAL EXPERIENCE

### DIETETIC INTERN

University of Maryland | 2016 - 2017

- Completed 44 week long dietetic internship (1280 hours of supervised practice)
- 14 unique rotations in various clinical, community, foodservice, and technology settings.

## EXTRACURRICULAR ACHIEVEMENTS

Health Scholar | Cope Health Scholars Program | 2015 - 2016

- Certificate in patient experience and pre-licensed clinical care from UCLA Fielding School of Public Health

Fundraising Chair | CSULB Kappa Omicron Nu | 2014 - 2016

Secretary | OCC Circle K International | 2012 - 2013