

TARA RHODES LEONARD
Spring 2017 - Spring 2018
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CONTACT INFORMATION

No activities entered.

DEGREES

- 2015 M.S., Health Promotion, University of Delaware, Newark, Delaware, United States
Dissertation: A qualitative study of the overall experience of Health Coaching in an employee wellness setting
- 1996 B.S., English, Towson University, Towson, Maryland, United States

PROFESSIONAL LICENSURES & CERTIFICATIONS

- 2018 Smoking Cessation Program Facilitator (ALA), American Lung Association
- 2017
National Board Certified Health and Wellness Coach, International Consortium for Credentialing Health and Wellness Coaches (ICHCW)
- 2015 Health Coaching Graduate Certificate, University of Delaware

WORK EXPERIENCE

2007 - 2012

Physical Education Teacher/Athletic Director, Red Lion Christian Academy, Bear, Delaware, 2012

2001 - 2002

Personal Training Director, Meadow Mill Athletic Club, Baltimore, Maryland, 2002

1997 - 1999

Assistant Manager, Harborview Athletic Club, Baltimore, Maryland, 1999

MEMBERSHIP

2017 - Ongoing

Institute of Coaching
Wellcoaches School of Coaching

SCHOLARLY CONTRIBUTIONS AND CREATIVE PRODUCTIONS

Presentation

Completed/Published

Leonard, T. R. (2017). *Health Coaching Related Webinars. ANEW/Sandy Cove Ministries. STAR Campus: University of Delaware/BHAN.*

Leonard, T. R. (2017). *Health Coaching Related Webinars. ANEW/Sandy Cove Ministries. STAR Campus: University of Delaware/BHAN.*

INSTITUTIONAL COMMITTEES

University

Summer 2017 - Ongoing

Multidisciplinary Comprehensive Care Committee, (University of Delaware)

OTHER INSTITUTIONAL SERVICE

Spring 2018 - Ongoing

Co-creation of Independent Study for Nutrition Counseling and Health Coaching, (University of Delaware)

Co-creation of Health Coaching final project with Exercise Counseling Master's students, (University of Delaware)

PROFESSIONAL SERVICE

Spring 2018 - Ongoing

IT Risk Assessment for Health Coaching Training and Research Center, University of Delaware

Item Writing Final Exam ICHWC, ICHWC

Guest Presenter, KAAP

Winter 2018 - Ongoing

CHS Town Hall Meeting, University of Delaware

Fall 2017 - Fall 2017

Wellbeing Coordinator Interviews, University of Delaware, Employee Wellbeing Department

Search Committee for Wellbeing Coordinator, University of Delaware/Employee Wellness

Item Writer ICHWC/National Board of Examiners, International Consortium for Credentialing Health and Wellness Coaches (ICHWC)

What is Health Coaching Presentation and Demonstration, University of Delaware/BHAN

Fall 2017 - Ongoing

STAR Health-Health Services first contact, STAR Health

Health Coach, Health Coaching Clinic/BHAN

Health Coaching Clinic: Policy and Procedure Development, Health Coaching Clinic/BHAN

Spring 2017 - Ongoing

ANEW-Aligning Nutrition Exercise and Wellbeing, University of Delaware/STAR Health

Fall 2016 - Ongoing

Health Coaching Programming , Sandy Cove Ministries, North East Maryland

COMMUNITY SERVICE

Fall 2017 - Fall 2017

Patient Centered Comprehensive Healthcare Team Panelist, STAR Health

Fall 2017 - Ongoing

Cancer Support Community of Delaware, Cancer Support Community

Spring 2017 - Spring 2017

Health Occupations Students of America (HOSA), High School State Leadership Conference

PROFESSIONAL DEVELOPMENT

Winter 2018 - Ongoing

Working Well: A Team Based Approach, Newark, Delaware

Cancer Community Health Coaching Training Session, Wilmington, Delaware

Fall 2017 - Fall 2017

Coaching in Leadership and Healthcare Conference, Boston, Massachusetts

Spring 2016 - Ongoing

Health Coaching practice webinars