

# Dominica M. D'Avella

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## PROFESSIONAL SUMMARY

*Passionate wellness professional with diverse coaching and leadership experience as well as a successful track record designing and delivering customized health education and programming to unique audiences with specialized occupational & lifestyle demands. Additional experience spanning public health, community health, and individual health. Business background including financial, operations and sales management with considerable experience in the areas of customer satisfaction, relationship management, employee selection, training/development & performance management.*

## HEALTH & WELLNESS EXPERIENCE

- Greylock Audiology/FYZICAL Therapy, Operations Manager, Pittsfield, MA** 2019 – Present
- Oversee all aspects of a progressive, patient-focused Audiology and Physical Therapy practice; ensure that all staff members are fully engaged in delivering the highest quality of care for optimal results and patient satisfaction.
  - Work closely with clinical directors to ensure that all operational, staffing, training, customer service, patient care, outreach, and marketing efforts support the mission to deliver the best care available within our community.
- IDEAL Health & Wellness Solutions, Health Promotion Specialist, Lanesborough, MA** 2010 – Present
- Develop and deliver comprehensive wellness education utilizing the most current research across health domains; help clients bridge theory and practice to address the specific challenges related to wellness in their unique environment.
  - Work with clients one-on-one and in group settings to facilitate positive health behavior change and attainment of health-related quality of life goals; emphasis on integrative fitness, optimal functioning, and a lifestyle approach to self-care.
- Penn State University Aging & Psychology Laboratory, Lab Coordinator, University Park, PA** 2009 – 2010
- Studied relationship between physical activity and subjective well-being; in particular, interaction of psychological and physiological factors implicated as antecedents and consequences of physical activity.
  - Directed daily activities of research lab; ensured adherence to proper execution of study protocols and testing; responsible for training, scheduling and supervision of research assistants & research participants; coordinated activities with partner labs.

## EDUCATION

### **Pennsylvania State University, Kinesiology/Psychology of Movement and Sport**

Recipient, University Fellowship, Ruth W. Ayres-Givens Scholarship; Member, Department of Kinesiology Diversity Committee; Member, AASP, ACSM, APA, APS, NASPSA

### **Swarthmore College, Theory of Health Behavior (Special Major)**

Recipient, Mellon Mays Undergraduate Fellowship; Barcus and Barr Scholar; Associate, Institute for the Recruitment of Teachers; Member, Sigma Xi, College Budget, Wellness, and Curriculum Committees

B.A.

### **Berkshire Community College, Business Administration, Liberal Arts/Biological Science**

Member, Phi Theta Kappa Honors Society and Honors Convocation; Recipient, Business Division Falconer Award, Nuciforo, Dery, Itam and Citizens Scholarships; Academic tutor

A.A.

## SELECT WELLNESS CREDENTIALS

- ACE Certified Health Coach
- ACE Peer Fitness Trainer
- ACSM Certified Exercise Physiologist
- Certified Functional Strength Coach (CFSC)
- Clinical Training in Mind Body Medicine (Benson Henry Institute/HMS CE program)
- EXOS Fitness Specialist (*in progress*)
- FAI Functional Aging Specialist
- FMS Performance Mentorship
- Gray Institute CAFS, 3DMAPS
- IAWHP Worksite Health Promotion
- Licensed Massage Therapist (State of MA)
- Mind Body Medicine Training (CMBM)
- NSCA Certified Strength & Conditioning Specialist (CSCS)
- Precision Nutrition L1 (*in progress*)

## **PROFESSIONAL DEVELOPMENT - FITNESS/S&C**

**The following are organizations that I have done continuing education with for post-certification professional development:**

*American Academy of Health & Fitness, Anatomy in Motion, Anatomy Trains, Applied Movement Neurology, American Council on Exercise, American College of Sports Medicine, Certified Functional Strength Coach, Cressey Sports Performance, DragonDoor, Dynamic Neuromuscular Stabilization, Dynamic Variable Resistance Training, Evidence Based Fitness Academy, EXOS, Fascia Research Society, First Principles of Movement, Functional Aging Institute, Functional Anatomy Seminars, Functional Movement Systems, Functional Movement Techniques/Implus, Gabbett Performance Solutions, Gray Institute, Ground Force Method, Human Kinetics, IDEA Health & Fitness Association, Institute of Motion, Integrative Movement Institute, International Association of Workplace Health Promotion, Muscle Activation Techniques, MELT Method, MovNat, National Academy of Sports Medicine, National Strength & Conditioning Association, Original Strength, Perform Better, PK Move, Precision Nutrition, Stop Chasing Pain, Strongfirst, TRX, Vivobarefoot, ViPR, Yoga Tune Up, Z-Health Performance Solutions, 8 Weeks Out*

## **PROFESSIONAL DEVELOPMENT - OTHER**

**Individual Crisis Intervention and Peer Support & Group Crisis Intervention, Massachusetts Fire Academy**

**Emergency Responder Rehab Train-the-Trainer, Massachusetts Fire Academy**

**Fire Instructor I, Massachusetts Fire Academy**

**Developing and Implementing Public Policy, National Fire Academy**

**Health Wellness Advocate Train-the-Trainer, National Volunteer Fire Council**

## **VOLUNTEER EXPERIENCE**

<b>Massachusetts Call/Volunteer Firefighters Association, Health &amp; Wellness Coordinator</b>	2015 – 2019
<b>New England Volunteer Fire &amp; EMS Coalition, Health &amp; Wellness Coordinator</b>	2015 – 2019
<b>Age Friendly Berkshires, Domain Leader</b>	2015 – 2017
<b>Pittsfield Board of Health, Board Member</b>	2013 – 2016
<b>Healthy Pittsfield Partnership, Steering Committee</b>	2013 – 2015

## **CUSTOM EDUCATION/PRESENTATIONS**

- **Age Friendly Berkshires/Active Agers**
- **American Society for Quality (Berkshire Chapter & Western MA Chapter)**
- **Berkshire Leadership Program (BLP)**
- **Fire Chiefs Association of Massachusetts**
- **Gardner Fire Department**
- **Human Resource Association of Berkshire County (HRABC)**
- **Lanesborough Fire Department**
- **Massachusetts Fire Academy (MFA)**
- **Massachusetts Call/Volunteer Firefighters Association (MCVFA)**
- **National Volunteer Fire Council (NVFC)**
- **New England Volunteer Fire/EMS Coalition (NEVFEC)**
- **New Salem Fire Department**
- **Pittsfield Fire Department**
- **Wendell Fire Department**