

LAUREN STEINKE, BA, NBCHWC

230 Marietta Avenue | Iowa City, Iowa, 52246 | 320-333-1263 | lauren-steinke@uiowa.edu

EDUCATION

Institution and Location	Degree	Start Date	Completion Date	Field of Study
University of Iowa (Iowa City, IA)	B.A.	8/2018	5/2022	Health Promotion Major Public Health Certificate
University of Iowa (Iowa City, IA)	M.S.	8/2022	12/2023 (Pending)	Health and Human Physiology

CERTIFICATIONS

- National Board Certified Health and Wellness Coach, NBCHWC *April 2023*
- HIPAA Training, HIPAA *September 2021*
- Make it OK Ambassador, Make it OK *March 2021*
- CPR/First Aid, American Red Cross *October 2021*

PROFESSIONAL EXPERIENCE

Health Coach

Vitalis Study, Sleep Move Stand Study, Exercise is Medicine Study *January 2021 - Present*
University of Iowa, Iowa City, IA

- Manage health coaches for the Vitalis Survivorship Study, leading weekly group discussion, developing training materials for undergraduate health coaches, and serving as a liaison for the research team
- Serve as a lead health coach for the Sleep Move Stand Study, mentoring undergraduate health coaches, providing valuable insight on coaching strategies, and being technical support for the Healthie coaching platform
- Assist in students' preparation for the health coaching board exam, providing helpful study material and personal insight, ensuring they meet the necessary requirements, and helping grow coaching skills within the internship
- Develop a deep understanding of coaching techniques, including empathy, mindful listening, open-ended questions, and reflections, to assist clients in achieving their best self

Graduate Teaching Assistant

Physical Activity and Health, Nutrition and Health, Social Determinants of Health *August 2022 - Present*
University of Iowa, Iowa City, IA

- Perform administrative duties including grading, student relations, conflict management, student communication, note-taking for SDS, and fielding course questions via email and offices hours
- Assist in students' career development by serving as a resource for learning about the department, the healthcare field, and research opportunities at the university
- Create engaging class activities and presentation material, introduce new strategies, and adapt quickly to the needs of the class
- Develop course management techniques and become familiar with course material to effectively lead discussion sections for physical activity and health

Graduate Research Assistant

Vitalis Study, Sleep Move Stand Study *August 2022 - Present*
University of Iowa, Iowa City, IA

- Manage undergraduate research assistants for the Sleep Move Stand Study by coordinating scheduling, collaborating with the health coaching team and PI, and assist in training of research assistants

- Communicate with potential participants about study eligibility, creating kind and direct email language, identifying potential exclusion criteria and refer participants when necessary
- Assist in the development of the Vitalis Survivorship Study, creating the coaching manual of operations, coaching scripts and packets, survey questions via Qualtrics
- Manage data collection and analysis for cancer-related health outcomes, psychosocial mechanisms of action, and program acceptability
- Track client adherence to the Vitalis coaching intervention and track client goals for the Vitalis Study and Sleep Move Stand Study

Community Outreach Coordinator

May - December 2022

Community Health Collaborative (CHC)

Iowa City, IA

- Develop marketing materials for the Sleep Move Stand Study and the Health Testing services
- Assist in website development and management, creating videos, infographics, flyers, social media posts
- Manage recruitment for the Sleep Move Stand Study, emailing local organizations and businesses
- Build connections within the community and build awareness surrounding services offered through the CHC

Social Media and Marketing Creator

May - August 2022

ObVus Solutions

California, USA

- Create social media videos and posts tailored to health coaches
- Transcribe health coach training videos to be accessible for future presenters, health coaches, and leaders in the company
- Edit health coaching blogs on topics such as stress management techniques, sleep hygiene, physical activity, dietary recommendations, and proper posture and breathing strategies

Strength and Conditioning Coach

September 2021 - August 2022

Regina School

Iowa City, IA

- Coach, assist, and manage the safety of individuals ages 8-18 in the weight room
- Create weightlifting programs for athletes from diverse abilities, ages, and backgrounds
- Demonstrate new lifts and new uses for equipment, introduce modifications when necessary
- Ensure an inclusive environment that fosters personal and athletic growth
- Develop a girls-specific weightlifting program including injury prevention and team building

Outreach and Engagement Intern

January - May 2021

liveWELL

University of Iowa, Iowa City, IA

- Assist in the development of the Weeks of Wellness for each department at the University of Iowa
- Administer surveys and analyze data to understand what programs to administer for respective departments
- Encourage attendance of worksite wellness events and manage incentivization for attendance
- Create the Colorful Choices campaign, a series of videos, social media posts, blogs, and lists of resources meant to encourage faculty and staff to consume adequate fruits and vegetables

Race Director

October 2016

Todd Steinke Fun Run

Saint Cloud, MN

- Founder of the Todd Steinke Fun Run, a fundraiser where proceeds help cover the cost for children and adolescents to access grief resources
- Coordinate with local businesses to provide necessary materials and build relationships with companies to receive community support

SPEAKING EXPERIENCE AND PRESENTATIONS

Guest Lecturer

- “Health Coach Panel” – HHP:4365, Health Coach Internship *May 2022*
- “Coaching Circle” – HHP:4020, Health Coaching *October 2023 (pending)*

Board Member

- Student advocate for BLEND (Better Living Exercise and Nutrition Daily) *September 2016-May 2018*

Conferences

- Poster presentation at Midwest American College of Sports Medicine *October 2023 (pending)*

COURSEWORK AND ASSOCIATED PROJECTS / SKILLS

University of Iowa, Iowa City IA

August 2018 – Present

Seminar in College Teaching, PSQF:6217

- Build skills to effectively lead a college course and connect with college students
- Learn how to design a college course, including syllabus, course policies, and assignment development

Lifestyle Medicine, HHP:3030

- Prepare health coaching language and practice coaching skills
- Understand various lifestyle intervention offerings for clients living with chronic conditions

Health Communication and Coaching, HHP:4020

- Develop the Sink Your Stress campaign for University of Iowa Student Wellness
- Become proficient in creating social media marketing materials and effectively communicate with organizations

Planning and Evaluating Lifestyle Interventions, HHP:4020

- Prepare health infographics for employees of Union Bank and Trust in Nebraska
- Create assessment materials to analyze the effectiveness of a worksite wellness program

Physical Activity and Dietary Behavior Change, HHP:6030

- Accumulate skills to administer a lifestyle intervention rooted in behavior change theory and strategies
- Understand the complexity of habit formation for the lifestyle behaviors of sleep, physical activity, and diet

Health Behavior and Health Promotion, HHP:3200

- Develop a robust understanding of behavior change theories and models
- Understand available resources to support health education programming

Physical Activity Psychology, HHP:3045

- Interview an athlete about personal struggles associated with rigorous sport participation and injury
- Learn psychological concepts that influence participation in physical activity as well as available interventions

Health Management and Administration, HHP:3430

- Develop skills to effectively communicate within the workplace and to convey professionalism
- Create a podcast on habits and behavior change

Behavioral and Clinical Health Assessment, HHP:4010

- Administer health and fitness assessments for physical activity, diet, body composition, and clinical measures
- Prepare necessary language and modifications to conduct assessments for various populations

Introduction to Grant Writing, EALL:4130

- Learn the pieces of a grant for different purposes and how to appeal to different organizations
- Write a grant that is relevant to your career path and professional development

HONORS AND AWARDS

- **University of Iowa Dean’s List** *May 2021 - January 2023*
- **C. Pauline Spencer Scholarship** *May 2023*

TECHNICAL SKILLS AND SPECIALIZATIONS

- **Computer Software & Program:** R (RStudio), Jamovi
- **Provider & Coaching Software:** Healthie, Qualtrics, Calendly
- **Creator Software:** Canva, iMovie

- **Physical Activity Measures:** activPAL, Fitbit
- **Sleep Measures:** Condor Sleep Monitor

VOLUNTEER AND OTHER RELATED ACCOMPLISHMENTS

- **All American Triathlete** *May 2022*
- **University of Iowa Cycling Club President** *August 2021 - May 2023*
- **University of Iowa Triathlon Club Travel Officer** *May 2022 - May 2023*
- **Neighborhood Centers of Johnson County Youth Ride Leader** *June - August 2023*