

LISA CHARLES

Greater New York Area

(937) 704-2214 | | lisa@yescoachlisa.com | www.yescoachlisa.com | www.linkedin.com/in/embraceyourfitness/

WELLNESS CONSULTANT/AUTHOR/SPEAKER

Results-oriented and adaptable with passion for designing training and nutrition plans that maximize the brain/body connection, and increasing overall client wellbeing.

A Health and Wellness professional and CEO of Embrace Your Fitness, LLC driven by the desire to bring innovative and effective Wellness program to major functional spaces. Recognized for Authoring a wellness and fitness book – “Yes! Commit Do Live” – centered on training people on how to embrace any passion and desire, and turn it into real results. Seasoned with demonstrated expertise in designing strategies centered on transforming organizational and personal fitness guides within and without the Fitness industry. A Health Coach and Trainer leveraging 12 years’ worth of experience within the fitness industry, offering guidance and wellness consultancy to diverse business groups and individual clients to successfully introduce wellness initiatives and accomplish health and wellness goals. Skilled in developing and maintain business-centered relationships that fosters communication and achievements of measurable results. Equipped with stellar proficiency in implementing sophisticated productivity tools that propels seamless workflow, and in creating result-driven blueprints to improve business methods and objectives compliance.

Business Development | Communication Management | Planning and Organization Skills | Customer Relationship Management | Program Management | Public Speaking | Cross-functional Collaborations | Project Management | Process Improvement Execution | Client Onboarding | Health Presentation | Inventory Management | Strategic Management | Administrative Management | Executive Engagements | Operations Management | Team Management/Building | Relationship Management | Strategic Planning/Management | Reports & Documentation | Budgeting & Cost Control

Professional History

Fitness & Wellness Research Coordinator (Aging Brain & Health Alliance)

Rutgers University, Newark, NJ

09/2018 - Current

- Designs, develops, and implements fitness and wellness programs as part of a NJ Department of Health grant focused on understanding the instances of dementia among African-American seniors within Greater Newark, New Jersey.
- Liaises with NJ Department of Health to design research methodologies in compliance with educational curriculum.

Wellness Presenter | Program Director Wellness/Fitness Trainer

CEO Embrace Your Fitness, LLC.

11/2012 - Current

- Introduces health-oriented concepts and administered global health and wellness consultancy to multiple corporations, municipalities, churches, hotels/resorts, sports camps and teams.
- Initiates wellness and fitness concepts and incentives to diverse organizations by functioning as a Fitness Coordinator organizing the creation of fitness programs across 12 Churches for the **NJ Department of Health**, Faith in Prevention Initiative in Newark, NJ.
- Leverages current trends in health and fitness training to develop, implement and drive innovative, motivating and self-sustaining health and wellness training program for each client.
- Coordinates and executes wellness initiatives such as; directing a Mentor/Mentee program as part of a grant from the **Beth Israel Medical Center** in Newark, NJ in which different parishioners from 10 churches were mentored and trained to become certified fitness instructors.
- Manages the administration of wellness and fitness classes at the RWJ Beth Israel Hospital in Newark, NJ and the RWJ Saint Barnabas Hospital in Livingston, NJ.
- Hosts numerous corporate, school and town wellness events to create awareness on the importance of fitness and opportunities to guide and train members along the way.

Actress | Gospel & Opera Singer

08/1998 – 06/2014

- Performed as a Soloist at Carnegie Hall, NJPAC, the Crossroads Theatre, the Cotton Club and a variety of Off-Broadway theaters.
- Maintained and built industry-wide relationships that has fostered the display of a diversity of artistry skills through music and acting across diverse multi-million dollar projects.
- Served a Spokesperson and acted in commercials, corporate videos and TV series.

Assistant US Attorney

US Attorney's Office, District of New Jersey

02/1990 – 08/1998

- Displayed professionalism and in-depth knowledge of the federal laws when overseeing all phases of the prosecution

of civil rights, organized crime, and political corruption cases (including investigation, witness interview and preparation, and trials).

- Demonstrated keen capacity to develop and maintain business-oriented relationships with both co-workers and clients.
- Worked collaboratively with the federal, state, and local law enforcement when coordinating numerous investigation of crimes committed in violation of federal law.
- Complied with the state and federal statutory guides and regulations when overseeing the trial of four federal cases (including a four-month prosecution of 10 participants in the Genovese crime family and a civil rights prosecution of a New Jersey Police Officer).
- Championed the negotiation of numerous plea deals for plaintiffs and worked on extensive law cases, long-term grand jury investigations involving diverse witnesses.
- Developed and implemented training strategies when presenting lectures to staff attorneys on various legal issues and trial tactics

Assistant District Attorney

Brooklyn District Attorney's Office, Brooklyn, NY

01/1988-01 – 01/1990

- Performed legal duties within the district, and effectively delivered by rotating through both the Law Enforcement Investigation and Sex Crime/Special Victims trial units.
- Collaborated with other district attorneys in understanding cases and preparing an appellate brief and argued before the Appellate Division of the NY Supreme Court.
- Personally piloted and oversaw eight misdemeanor and five felony cases within the district, and presented over 300 cases to the grand jury.

Education & Training

NYU Quantitative Public Health Data Literacy Virtual Training Program

02/2021

NYU School for Global Public Health, Dr. Melody Goodman and Dr. Janice Johnson Dias, Director of the Grass ROOTS Community Foundation

Juris Doctor: Law | George Washington University Law School, Washington DC

09/1984 – 07/1987

Tufts University - Medford, MA | Bachelor of Science: Political Science

09/1980 – 06/1984

Certifications

ACE Certified Health Coach

03/2017

AFFA Group Fitness Certification

02/2014

NETA Personal Trainer

06/2011

NETA Group Fitness Certification

09/2010

References

Will be available upon request.