

COLLETTE ARNHEIM

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CAREER OBJECTIVE

To use my love and knowledge of dietetics, food and food science to lead, motivate, ideate and innovate. To allow consumers to make tasty, healthy and sustainable choices for all eating occasions for themselves and their families.

QUALIFICATIONS

2019-2020 Current	Graduate Diploma of Food Science, University of Melbourne
2015-2016	Masters of Dietetics, Deakin University. Eligible for registration with Dietitians Association of Australia.
2009-2011	Bachelor of Science (Nutritional Therapy), Victoria University
2001 – 2003	Bachelor of Fine Art, Victorian College of the Arts, University of Melbourne

INDUSTRY EXPERIENCE

- Current – Australian Institute of Food Science & Technology, Young Professionals Interest Group, committee member.
- Current - Carmen's Kitchen Table: Complete consumer surveys on packaging, new product development and health claims, providing sensory testing and review on new products.
- March 2020 – University of Melbourne, Sensory testing panel participant. Contributing to research and development of meat products within Australia.
- 2019 – Global Table volunteer.
- 2019 - Festival 21: Workshop volunteer.
- 2018 - Uplift Foods: Desktop Research.
- 2016 - Simplot Australia, data collection and analysis.
- 2012-2013 - Foodbank Victoria: Administration officer.

EMPLOYMENT HISTORY

- June 2018 – Current: Dietitian Health & Wellbeing Coach – Merri Health, Preston
- July 2017 – June 2018: Senior Practitioner Health & Wellbeing – Merri Health, Preston
- August 2016 – July 2017: Dietitian Health & Wellbeing Coach – Merri Health, Preston
- December 2014 – 2017: Nutritionist/ Performance Coach Force Fitness - Shapewise Nutrition (self-employed)
- September 2013 – November 2013: Pilot/Study Program Coordinator – Jenny Craig Australia
- April 2012 – August 2013: Weight Loss Consultant - Jenny Craig Australia
- November 2011 – 2018: Guest Nutritionist/ Guest Speaker – Various sports venues and high schools
- January 2010 – July 2011: Gym Instructor – Fernwood, Yarraville
- June 2009 – August 2012: Customer Service Representative - First Choice, Flemington

AUGUST 2016 – CURRENT Dietitian, Health & Wellbeing Coach – Merri Health, Preston

Achievements

- Winner of the 2018 Leading Aged Services Australia (LASA) *EXCELLENCE IN AGED CARE* team award in innovation for Victoria/Tasmania and National award.
- Written evaluation of two years of collected program data on the effect of health coaching on chronic disease risk factors in the carer community.
- Successful promotion from Health and Wellbeing Coach to Senior Practitioner within one year of employment.

Responsibilities

- Manage, implement and take lead on projects around diet, health and wellbeing.
- Development of a measureable health evaluation tool using evidence based research.
- Health screening, evidence based health education and coaching support using a holistic person centred approach to help the client identify, prioritise and improve areas of health and wellbeing, utilising HealthChange Australia methodology.
- Event management and competent group facilitation of events and groups demonstrating strong interpersonal and communication skills.
- Development of resources/communications used as marketing to clients and staff.
- Commitment to staff health and wellbeing by initiating and taking part in health initiatives and contribution to a working group in developing a healthy catering guide using the healthy eating advisory service guidelines (HEAS).
- Provide line/performance management and clinical supervision to the carer health and wellbeing coaching team including: setting KPO'S, allocation meetings, peer supervision, individual supervision, staff recruitment and contract variations.
- Ability to create positive relationships with key stakeholders and collaborate with other teams within the organisation, including internal and external stakeholders.

DECEMBER 2014 – 2017: Nutritionist/ Performance Coach Force Fitness/Shapewise Nutrition (self-employed), Bundoora

Responsibilities

- Development of a ten week weight loss plan, through ten structured lessons that teach clients about portion control, nutritional label reading, meal and menu planning and general nutrition information.
- Competently design meal plans/recipes and compare against the Nutrient Reference Values, RDI's and AGTHE.
- Provide one on one education to clients with general nutrition needs.
- Proficient use of Nutritional data programs such as FoodWorks nutrition software for diet and recipe analysis, nutrition labelling and new recipe development (NPD).
- Development and design of health and nutrition fact sheets/resources.
- Skin fold tests and other anthropometric measurements with members of the gym.
- Develop and facilitate healthy eating seminars and workshops.
- Maintaining bookkeeping and personal records.
- Marketing and website development to advertise and promote the business.
- Social media marketing and communications through Facebook and Instagram.

SEPTEMBER 2013 – NOVEMBER 2013: Pilot/Study Program Consultant Coordinator

APRIL 2012 – AUGUST 2013: Weight Loss Consultant, Jenny Craig Australia

Achievements

- Achieving upwards of \$40,000 of sales per month.
- Running and coordinating a successful research trial

Responsibilities

- Use knowledge of both the Jenny Craig Program and Nestle Optifast program to determine weight management outcomes for clients.
- Guiding and supporting clients with weekly one-on-one phone consultations throughout their weight management journey, building excellent rapport and relationships with individual clients.
- Picking and packing appropriate food items in relation to the study's dietary intervention groups.
- Data collection and entry of information used to determine study results.
- Offering skills, strategies and information to enhance the client's success.

PROFESSIONAL DEVELOPMENT

- Attendance at AIFST 2020 Summer School
- Food regulation webinar presented by Louise Fisher, APD, BCom/LLB.
- Participation in the "as prepared" Health Star Rating Consultation.
- Clinical Supervision Training – Bouverie Centre.
- HealthChange Australia health coaching Module 1 & 2.

ADDITIONAL VOLUNTEERING

- 2016 - Deakin Melbourne Boomers: Recipe creation and cooking demonstrations.
- 2016 - Foost volunteer: Working with children creating healthy and nutritious meals.

INTERESTS

- Food and cooking of different cuisines
- Fermentation and pickling of breads and vegetables
- Vegetable gardening
- Pottery
- Keeping fit and healthy by lifting heavy and dancing
- Heavy metal music
- Spending time with my nephew

REFEREES

As requested