

Lee Jordan, M.S.

Lee Jordan, MS, NBC-HWC
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Profile

I live out my purpose to “show up for people in meaningful and transformative ways” through my work as an Adjunct Professor, Nationally Board-Certified Health & Wellness Coach, ACE Master Health Coach & Subject-Matter-Expert, and consultant.

In my positions as a strategic and executive advisor, I help technology companies discover cost-effective ways to deepen their client engagement and value perception through the use of behavioral science and culture optimization. I am an experienced national presenter at events such as CES, IDEA World on topics such as Purpose, Hope, Forgiveness, and biopsychosocial approaches to well-being.

Experience

Point Loma Nazarene University - San Diego, CA (Remote)

Adjunct Professor

5/2020-Present

Advanced Health and Wellness Coaching Courses
NBHWC approved training and education program

DataBrains, Inc. – Jacksonville, FL

Executive Advisor – Corporate Communication, Team Building

Dec 2020 – Present

Provide executive coaching using evidence-based approach and develop employee-centric programs focused on positively impacting KPI's.

ATE Food Journal – Redwood City, CA (Remote)

Strategic Advisor

11/2016 – Present

Provide science and research guidance in the areas of behavior change theories, health and wellness coaching approaches and digital intervention.

Baptist Health - Jacksonville, FL

Health & Wellness Coaching – Corporate Wellness

3/2017 – 5/2020

Onsite Health & Wellness Coach for 800+ employee organization. I partner w/ employees seeking self-directed sustainable changes in their health and wellness using evidence-based principles and skills such as unconditional positive regard and motivational interviewing. HIPPA complaint reporting done through an online portal.

American Council on Exercise – San Diego, CA
Health & Wellness Coaching – Corporate Wellness

2/2015 – Present

Subject-Matter Expert, Master Health Coach and Spokesperson promoting the message of evidence supported lifestyle choices that lead to optimum healthy lives. Contributing author and educator on health coaching, behavior change and weight management certifications. Teach synchronous online behavior change coaching programs.

Fullest Living, Inc. - Jacksonville, FL
Health & Wellness Company

3/2013 – Present

Co-owner of wellness company specializing in providing multiple paths to sustainable health and fitness solutions to individuals of all shapes and sizes based on the axiom that extraordinary results are created by ordinary actions done daily. We see people from the “inside out” and believe that Hope, not fear, is the foundation of all sustainable change. Our services include in home/onsite training, women’s outdoor group fitness, and health coaching. We utilize wearable, cloud based, and portable technology to mitigate, if not eliminate, geographic and time barriers to our health and fitness programs. My specialty is working with people with class III obesity and multiple co-morbidities to achieve sustainable change through my physician-endorsed wellness program “30 Seconds to Victory™.” I also work as consultant and industry presenter on topics such as, using behavioral science to increase client engagement in digital environments, the power of purpose, hope and forgiveness.

Education & Certifications

Point Loma University, San Diego, CA

- Master of Science in Kinesiology and Integrative Wellness

Bellevue University, Bellevue, NE

- Bachelor of Science in Behavioral Science

National Board for Health & Wellness Coaching

- Board Certified Health and Wellness Coach

American Council on Exercise, San Diego, CA

- Health Coach
- Personal Trainer

American College of Sports Medicine, Indianapolis, IN

- Exercise is Medicine

American Association of Diabetes Educators

- Diabetes Paraprofessional

Giving Back -

We believe that *living life to its fullest* involves the joy of giving of your time and talents – here are some areas in which we put this belief into practice:

The 25th Project – a non-profit organization that provides basic living essentials to the local homeless of the DC Metro area – Advisory Board Member <http://www.the25thproject.org>

Fullest Living, Inc. – We donate a premium level slot for a person who needs to lose 100 pounds or more but isn't financially capable to meet the cost of the wellness program, "30 Seconds to Victory™"

Jacksonville Humane Society – "Providing care, comfort and compassion to animals in need while engage the hearts, hands and minds of our community to bring about an end to the killing of abandoned and orphaned shelter animals." We donate our expertise and services through inspiring community building activities, such as "Meowmaste" (yoga with cats) with 100% of all funds raised going directly to the Jacksonville Humane Society. In 2019, we raised over \$10,000.