



CURRICULUM VITAE

LINDSEY SMITH | **FOOD MOOD GIRL** | PITTSBURGH, PA



I'M ON THE INTERNET MY VIRTUAL EXTENSIONS



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EDUCATION

KNOWLEDGE IS POWER

Duquesne University

B.A. in Public Relations and Corporate Communication, cum laude

Institute for Integrative Nutrition

Health & Nutrition Coach

AS SEEN ON

TV & MEDIA



MY SKILLS

HOW I WORK

COMMUNICATION: Effective at networking, writes clearly and concisely, speaks effectively, listens attentively, openly expresses ideas, gathers appropriate information, confidently speaks in public.

ORGANIZATIONAL SKILLS: Handles details, coordinates tasks, punctual, manages projects effectively, meets deadlines, sets goals, keeps control over budget, plans and arranges activities, multi-tasks.

MANAGEMENT SKILLS: Leads groups, teaches/trains/instructs, counsels/coaches, delegates responsibility, directs others, implements decisions, enforces policies, takes charge.

MY EXPERIENCE

WHAT I DO

CEO

Manager of day-to-day operations and marketing directives

AUTHOR

Junk Foods & Junk Moods: Stop Craving and Start Living

Co-author, Bliss Cleanse: Your Two-Week Mind, Body, Spirit Guide to Greater Health & Happiness

Co-author, Bliss Meditation Collection

Co-author of My Snack Size Skills

Writer for several publications including: SFGate Healthy Living, ModernMom

Nutrition, AZ Central Nutrition, TheNestWoman Nutrition, MindBodyGreen,

Western PA Guide to Good Health, and Elevated Existence Magazine.

SPEAKER

Wells Fargo Bank

I-Lead Conference

West Allegheny Middle School

The Bradley Center

...And many others!

The Pennsylvania Nutrition Education Network

Pennsylvania Association of Student Council

Greentree Women's Club

New York Food Service Association

NUTRITION COACH

Serves as a one-on-one and group nutrition coach specializing in food and mood relationships

TV SHOW HOST & PRODUCER

Bi-weekly host & producer of: "Healthy Inspirations"

Ehow.com: "Guilt-Free Cooking with Lindsey Smith"

INTEGRATIVE NUTRITION TEACHER

Co-creator and teacher of the Integrative Nutrition, "Launch A Book" program.

pnhMarketing PARTNER & PR GURU

Responsible for cultivating relationships and helping holistic entrepreneurs thrive and get seen in their businesses.