

NIKOLA HAMILTON

Nursing Student & Public Health Nutritionist

OBJECTIVE

Committed to the promotion of health, relationship building, and the improvement of the whole person.

EDUCATION

BS Nursing, in progress
Graduation: 12/17/2022

GPA: 3.92

Quinnipiac University
New Haven, CT

- Dean's List

MSc Global Public Health Nutrition, 2017

University of Westminster
London, UK

- Course Representative

BA Psychology, 2011

Lewis & Clark College
Portland, OR

- Dean's List
- Leadership & Service Award

CLINICALS

Medical Surgery | 248 hrs

Labor & Delivery | 44 hrs

Pediatrics | 44 hrs

Psychiatry | 84 hrs

Community Health | 84hrs

Capstone | 84 hrs

CONTACT

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🌐 [linkedin.com/nikolahamilton](https://www.linkedin.com/in/nikolahamilton)

Basic Life Support for Healthcare Providers (BLS) certified

EXPERIENCE

MEDICAL ASSISTANT

Midlands Orthopaedics | 2015

Performed direct patient care under the supervision of nurses and physicians. Coordinated with providers, obtained vital signs, and relayed medical information to patients.

NUTRITIONIST/ WELLNESS GUIDE

SENSEI Lanai, a Four Seasons Resort | 2020- 2021

Created and facilitated evidence-based programming for a luxury wellness retreat (*Forbes 5 Star Hotel*).

Key Achievements

- Provided private nutrition consultations to guests
- Developed and launched biomarker programs (lipid panel, A1c, CGM)
- Developed SENSEI's Nutrition Philosophy, the foundation for the nutrition program and future employee training
- Trained new employees and developed SOPs

NUTRITIONIST/ WELLNESS COORDINATOR

College Association at Delhi Inc. (SUNY Delhi) | 2018

Piloted a wellness program at The State University of New York at Delhi.

Key Achievements

- Developed and implemented a school nutrition policy
- Launched a meal donation program to address campus-wide food insecurity
- Developed a staff wellness program
- Delivered lectures and 1x1 consultations to undergraduate students and staff
- Developed allergy stations within university cafeterias

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PUBLICATIONS

Hamilton, N.K., Ojo, O. and Adegboye, A.R.A., 2020. The effect of self-reported lactose intolerance and dairy consumption on bone mineral density among American hip arthroplasty patients: A cross-sectional study. International Journal of Environmental Research and Public Health, 17(19), p.7182.

SKILLS

AMBITIOUS SELF-STARTER who facilitates company-wide growth and implements creative health initiatives.

CONSISTENT COMMUNICATOR who develops synergistic relationships between stakeholders of diverse ethnic, cultural, and socioeconomic backgrounds.

MORE ABOUT ME...

I have lived in the United States, South America and Europe; the longest hike I've ever completed was 950 km (but the hardest was only 7.5); and there are few things that make me happier than cooking veggies and listening to Josh Groban.

Dual Citizen: USA/ Germany

EXPERIENCE (CONT.)

NUTRITION CONSULTANT/ FOUNDER

Beatify | 2018 - current

Private business providing nutrition consultations, lectures, menu planning, cooking demonstrations, private chef services, grocery store navigation, and food styling. Specialties include hypercholesterolemia, obesity, diabetes, hormone regulation, and gut health.

PERSONAL AGENT

Inclusion Inc. | 2015 - 2016

Provided assessments, skills training, and education to help adults with developmental disabilities reach their full potential. Facilitated health discussions utilizing motivational interviewing techniques. Transformed health and medical jargon into consumer friendly information.

LEAD TEACHER/ DEVELOPMENTAL SPECIALIST

Harbor Area Early Intervention | 2013 - 2014

Led a classroom of developmentally delayed toddlers. Created milestone-specific curriculums, directed routine assessments, and conducted home visits to model effective parent-child interactions and encourage healthy development.

CLINICAL THERAPIST

Arbour Health Counseling Services | 2012 - 2013

Provided in-home family counseling, helping families cope with stressors and build resiliency. Developed and provided behavioral interventions to support client wellness goals. Counseled clients and referred to appropriate resources as needed.