

CLIFFORD CORNELL HUGHLEY
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Dear Hiring Manager,

I am writing to express my interest in the Health Coach position at CC Wellness LLC, as advertised. With over 13 years of experience in the United States Air Force as an Aerospace Medical Technician and Aeromedical Evacuation Technician, coupled with my academic focus on health and wellness, I am confident in my ability to contribute to your team and help achieve your mission of promoting holistic well-being.

I have demonstrated a strong commitment to patient care, health education, and medical readiness throughout my career. My role as a Critical Care Technician in the ICU, along with my experience as a Flight Operational Medical Technician, has provided me with a diverse skill set that I can apply to any fast-paced healthcare or wellness setting. In addition, my National Academy of Sports Medicine (NASM) certifications as a Personal Trainer and Nutrition Coach complement my dedication to fostering physical fitness, stress management, and overall wellness.

Currently, I am pursuing a Bachelor of Science in Health and Wellness at Purdue University Global, where I have gained valuable knowledge in wellness programming, dietary supplements, and complementary medicine. I have also authored resource guides, developed professional presentations, and led wellness initiatives, showcasing my ability to educate and inspire others to lead healthier lives.

I am excited about the opportunity to bring my skills and experience to CC Wellness, and I am confident that I can positively impact your organization. Thank you for considering my application. I look forward to contributing to your team and further discussing how my experience aligns with your needs.

Sincerely,

Clifford Cornell Hughley

CLIFFORD CORNELL HUGHLEY



Cornell

Health and Wellness

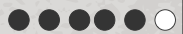
Experienced Health and Wellness professional with over 13 years of service as an Aerospace Medical Technician. Extensive expertise in patient care across diverse global settings, including 150+ flight hours on five different aircraft as an Aeromedical Evacuation Technician. Demonstrated skills in developing health education programs, delivering professional presentations, and authoring resource guides. Currently pursuing a Bachelor of Science in Health and Wellness from Purdue University Global, specializing in wellness coaching, stress management, fitness, and nutrition.

CLIENT ASSESSMENT AND PROGRESS MONITORING

Health and Wellness Knowledge

Behavior Change Facilitation

Communication and Coaching
Skills



www.ccwellnessjourney.com



Anchorage, AK



cliffordhughley24@gmail.com

Education

Bachelor of Science in Health and Wellness

Purdue University Global – Expected Graduation: October 2024

- GPA: 3.55
- Academic Honors: Distinguished Scholar
- Relevant Coursework:
 - Wellness Programming and Design
 - Nutrition and Dietary Supplements
 - Stress Management
 - Complementary and Alternative Medicine
 - Health Behavior Change

Albany State University

Attended 2010 – 2011

- Worked with the Sports Medicine Team

High School Diploma

Graduated: 2010

PROFESSIONAL EXPERIENCE

United States Air Force

Various Global Locations

Senior Aerospace Medical Technician / Aeromedical Evacuation Technician / Non-Commissioned Officer

August 2011 – Present

- Provided critical care and medical support in over ten countries, accumulating 150+ flight hours across five different aircraft.
- Delivered patient care during aeromedical evacuation missions, ensuring patient stabilization and safe transport.
- Developed and delivered training presentations and lectures for military medical staff and civilian personnel on health and wellness.
- Created and implemented health education programs focusing on preventive care, nutrition, and fitness for service members.
- Authored multiple wellness resource guides to aid in the recovery and well-being of deployed personnel.

PROFESSIONAL EXPERIENCE

Fort Sam Houston, TX

Nationally Registered Emergency Medical Technician Trainee (2011 – 2012)

- Completed Air Force training to become a Nationally Registered Emergency Medical Technician (NREMT), specializing in medical response and patient care in emergency situations.
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Ramstein AFB, Germany

Aeromedical Evacuation Technician (2014 – 2016)

- Conducted aeromedical evacuations for military personnel in combat zones, managing patient care during air transport.
 - Provided care in various countries to include:
 1. Djibouti, Africa
 2. Czech Republic
 3. London, England
 4. Netherlands
 5. Greece
 6. Niger
 7. Latvia
 8. France
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Joint Base Elmendorf-Richardson, AK

Flight Operational Medical Technician (2021 – Present)

- Oversee the medical readiness of flight personnel, ensuring optimal health and fitness for operational duties.
- Manage preventive care and coordinate medical services for flight crew and operational staff.

Wilford Hall, Lackland AFB, TX

Medical Technician, Family Health Clinic (2012 – 2014)

- Administered patient care, including medical evaluations, treatment plans, and follow-ups for families.
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Nellis Air Force Base, NV

Critical Care Technician (2016 – 2018)

- Provided critical care in the ICU, managing patients in life-threatening conditions.
- Completed specialized Telemetry Training to monitor and assess cardiac patients' conditions.

Family Medicine Residency Technician (2018 – 2020)


- Supported resident physicians in a comprehensive family medicine program, managing patient intake, treatment plans, and follow-ups.


Flight Operational Medical Technician (2020 – 2021)


- Conducted medical readiness assessments and preventive medicine for flight operations personnel.
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LICENSES AND CERTIFICATIONS

- NASM Certified Personal Trainer
- NASM Certified Nutrition Coach
- Nationally Registered Emergency Medical Technician (NREMT)
- Basic Life Support (BLS) Certified

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CORE COMPETENCIES AND SKILLS

Aeromedical Evacuation Procedures

Highly experienced in conducting aeromedical evacuations in high-stress situations, including combat zones. Competent inpatient stabilization, monitoring, and safe transport during medical evacuations, with a focus on maintaining continuity of care throughout the process.

Health and Wellness Coaching

Proficient in creating and guiding individualized health and wellness plans based on client needs, goals, and motivations. Skilled in motivational interviewing, behavior change techniques, and fostering sustainable lifestyle adjustments in areas such as weight management, fitness, nutrition, and mental well-being.

Fitness and Nutrition Planning

Experienced in designing comprehensive fitness programs that include strength training, cardiovascular conditioning, and flexibility routines. Adept at creating balanced, evidence-based nutrition plans tailored to an individual's fitness goals, dietary preferences, and nutritional needs to promote optimal health and performance.

Stress Management Techniques

Expertise in teaching clients how to manage stress using various methods such as mindfulness, breathing exercises, progressive muscle relaxation, and cognitive-behavioral strategies. Able to help clients reduce stress, improve mental clarity, and enhance emotional well-being.

Treatment Plan Development

Capable of developing comprehensive treatment plans for patients and clients by assessing their medical history, current health status, and goals. Experience in adjusting treatment plans as necessary, ensuring the plan supports overall wellness and addresses specific health conditions.

Public Speaking and Presentation Development

Proven ability to create and deliver engaging health and wellness presentations to diverse audiences. Skilled in translating complex health information into accessible language for clients, colleagues, and community groups, and delivering dynamic presentations that encourage participation and understanding.

Patient Care and Clinical Support

Hands-on experience providing direct patient care in clinical settings, including monitoring vital signs, administering treatments, and offering emotional support. Proficient in working with multidisciplinary healthcare teams to ensure optimal patient outcomes in diverse medical environments.

Cross-cultural Healthcare Delivery

Extensive experience providing healthcare services to individuals from various cultural backgrounds across global locations. Skilled in understanding cultural nuances and adjusting healthcare approaches to meet the diverse needs of patients and clients, ensuring respectful, effective care.

VOLUNTEER WORK

Military Health Education Programs – Various Global Locations

Volunteer Health Educator

- Led wellness workshops focusing on preventive care, fitness, and nutrition for service members, promoting holistic well-being.
- Organized and participated in health fairs to educate military personnel and their families about the importance of nutrition, physical fitness, and stress reduction.
- Provided one-on-one coaching to help participants adopt healthier lifestyles through informed decision-making on diet, fitness routines, and wellness habits.
- Engaged local communities, offering fitness programs and wellness guidance tailored to each region's unique needs, contributing to a broader impact on public health awareness.

PROFESSIONAL MEMBERSHIPS

American Association for Health and Wellness Coaching (AAHWC)

Active member focusing on expanding coaching skills and staying updated on best practices in wellness coaching and behavior change strategies.

Air Force Medical Service (AFMS)

Participated in initiatives that improve the health and medical readiness of service members, contributing to the overall mission of the Air Force Medical Service.

TECHNICAL SKILLS

Microsoft Office Suite (Word, Excel, PowerPoint)

Proficient in creating professional documents, presentations, and reports using Microsoft Word, Excel, and PowerPoint. Experienced in tracking data, analyzing trends, and preparing presentations that communicate health and wellness information effectively.

Medical Record Review

Experienced in performing thorough reviews of medical records to ensure accuracy, completeness, and adherence to regulatory and clinical standards. Skilled in identifying discrepancies, ensuring compliance with healthcare guidelines, and maintaining patient confidentiality and data integrity.

Standard Adherence

Adept at ensuring all procedures and documentation meet established medical and regulatory standards. Knowledgeable in current healthcare regulations, policies, and best practices to ensure compliance and high-quality patient care. Proven ability to enforce and promote standard operating procedures within healthcare teams.

Electronic Medical Record (EMR) Systems

Extensive experience in using EMR systems to document patient care, track treatment progress, and ensure accurate record-keeping. Competent in collaborating with healthcare teams for seamless coordination and patient continuity of care.