
ERIN O'DWYER

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PROFILE OVERVIEW

Master's level nutrition professional with strong dedication to securing a future of food that is healthy, equitable, and sustainable. Experience in the development & evaluation of nutrition interventions especially in pediatric, urban, and low-income populations. Recognized skills in leadership, organization, systems-thinking, and communication.

EDUCATION

MScN, CLINICAL NUTRITION- 2018

NATIONAL UNIVERSITY OF NATURAL MEDICINE, PORTLAND, OR
summa cum laude

B.S., NUTRITION & DIETETICS- 2016

B.S., PSYCHOLOGY- 2016

SIMMONS COLLEGE, BOSTON, MA
summa cum laude

Thesis: Evaluating Food Choices: The role of transparent food packaging on consumer health perceptions and purchasing tendencies

NUTRITION WORK EXPERIENCE

FOUNDER, NUTRITIONIST - 2017-PRESENT

Erin P. O'Dwyer, LLC

- Launched independent online business venture promoting sustainable nutrition & lifestyle design through group programs, consulting, & individual coaching
- Managed a wide variety of areas including strategy, marketing, finance, client experience, and development
- Provided private nutrition counseling focused on mindfulness-based habit change, individualized plans, weekly cooking systems, and lifestyle strategies

PEDIATRIC OBESITY COORDINATOR - 2016

South End Community Health Center, Boston, MA

- Led the childhood initiative for an urban health center primarily serving minority, at-risk, and low-income individuals
- Translated evidence-based policy recommendations into interventions including professional workshops, cooking classes, tabling demonstrations, children's nutrition programs, and parental education materials
- Monitored and evaluated impact of *Fitness in the City* grant program in over 150 childhood obesity patients in order to secure continued funding
- Established and maintained relationships with community partners and stakeholders

NUTRITION INTERN - 2016

Beth Israel Deaconess, Boston, MA

- Educated cardiac floor patients and families on evidence-based dietary patterns for heart health as part of larger cardiac nursing and medical team
- Developed individualized care plans and post-visit briefs under supervision of head dietitian and cardiologist

NUTRITION RESEARCHER - 2016

Simmons College, Boston, MA

- Conducted community needs assessments, identified key objectives, and designed monitoring and evaluation frameworks for interventions
- Scripted & recorded PSA's and radio programs concerning contemporary nutrition topics

NUTRITION EDUCATOR - 2015

ABCD Head Start, Jamaica Plain, MA

- Developed pre-kindergarten nutrition interventions to teach cross-cultural food acceptance
- Monitored and evaluated efficacy of interventions across varying populations & locations

**OTHER
EMPLOYMENT
& TEACHING
EXPERIENCE**

OWNER, PRIVATE TUTOR- 2012-2017

Tutor.Learn.Grow., virtual

- Establish private tutoring company focused on helping middle & high school students in STEM subjects
- Specialized in gamification and unconventional approaches to help non-traditional learners, including students with ADD/ADHD, Asperger's, dysgraphia, and dyslexia

CREATIVITY INSTRUCTOR - 2013

Debusk Enrichment Center for Academically Talented Students (DECATS), Austin, TX

- Taught over 20 gifted & talented students in each challenging, multi-week program
- Coordinated & budgeted for structured lessons that promoted mindfulness, self-esteem, & creativity among middle & high-school aged girls

TUTOR - 2010-2013

Austin Learning Center, Austin, TX

- Tutored high school students with specialization in chemistry, algebra, calculus, and standardized testing

**HONORS &
AWARDS**

ACADEMY OF NUTRITION AND DIETETICS FOUNDATION SCHOLARSHIP - 2016

Irene Jones Scholarship for graduate study in the field of nutrition

MASSACHUSETTS DIETETICS ASSOCIATION STUDENT OF THE YEAR - 2016

ACADEMY OF THE SIMMONS COLLEGE HONOR SOCIETY - 2016

DEAN'S LIST OF ACADEMIC EXCELLENCE- 2014-2016

Simmons College

THE STEPHEN R. DEANE AWARD FOR ACADEMIC EXCELLENCE- 2016

Simmons College Psychology Department

BETTYE L. BROWN ENDOWED SCHOLARSHIP- 2014-2016

Simmons College

DEAN'S FIRST YEAR SCHOLARSHIP– 2014
Simmons College

**LEADERSHIP
& RELATED
PROFESSIONAL
ACTIVITIES**

PORTLAND FARMERS MARKET VOLUNTEER - 2016-PRESENT
Portland, OR

PRESIDENT, SIMMONS NUTRITION LIAISON- 2015-2016
Simmons College, Boston, MA

- Coordinated and supervised all liaison activities including guest speakers, dinner events, & dietetic trips
- Established the first liaison newsletter to communicate seasonal nutrition advice, recipes, & topics to Simmons students & staff

MULTI FAITH COUNCIL FOUNDER & LEADER- 2015-2016
Simmons College, Boston, MA

ZAKIM CENTER FOR INTEGRATIVE THERAPIES VOLUNTEER - 2015-2016
Dana Farber Cancer Center, Boston, MA

MASSACHUSETTS DIETETIC ASSOCIATION VOLUNTEER - 2015-2016
Boston, MA

NUTRITION GRAPHIC DESIGNER - 2014
The Daily Table, Boston, MA

- Worked alongside scientific advisory council to design aesthetic nutrition education materials for both staff and consumers at an innovative grocery store startup aimed at reducing urban food insecurity
- Helped translate science-based nutrition recommendations into effective, clear visual designs that could communicate to English & non-English speakers

HUMANITARIAN MEAL RELIEF VOLUNTEER -2014-2015

Rise Against Hunger (formerly "Stop Hunger Now"), Boston, MA

BODY PEACEBYPIECE WOMEN'S BODY IMAGE WORKSHOP ASSISTANT - 2013-2015

With Susan Weiss Berry, CNS, MFA, New York, NY

LICENSES & CERTIFICATIONS

FOUNDATIONS OF POSITIVE PSYCHOLOGY CERTIFICATE

University of Pennsylvania

HIPAA PROFESSIONAL CERTIFICATION

U.S. Department of Health and Human Services

HUMAN SUBJECTS RESEARCHER - CITI CERTIFIED

University of Miami

STRALA YOGA CERTIFICATION

200+ Hour Leadership Training

REGISTERED YOGA TEACHER, RYT-200 HR

Yoga Alliance via Wanderlust Yoga

PROFESSIONAL OSHA CERTIFICATION

HAACP FOOD SAFETY CERTIFICATION

FOOD ALLERGEN TRAINING

LANGUAGES & ADDITIONAL SKILLS

SPANISH

Limited working proficiency

INSTITUTE FOR WOMEN'S ENTREPRENEURSHIP PROGRAM

Cornell University in collaboration with Bank of America

Completed 2019

- Training in a variety of entrepreneurial skills including marketing, legal issues, funding, communication, and leadership

THE BLUEPRINT FINANCIAL COURSE

Completed 2018

- Online course in financial planning and funding

COPYWRITING FOR CREATIVES

Completed 2017

- Online course for entrepreneurs in effective brand development, marketing, copywriting, and social media