

Nicole M. Guerton, MS, MCHES®, NBC-HWC, PMP®

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PROFESSIONAL SUMMARY

Program and project leader with over 20 years of experience delivering clinical, allied health, and public health services. Passionate about engaging, equipping, and inspiring individuals, teams, and communities to collaborate toward meaningful, measurable outcomes. Proven track record leading diverse groups—from facilitating international conference workshops to serving as president of a local nonprofit board of directors.

PROFESSIONAL EXPERIENCE

Injury Prevention Coordinator (Portfolio Manager)

October 2020–Present

Mayo Clinic Trauma Center, Rochester, MN

- Conduct and review comprehensive needs assessments to define and prioritize strategies for the pediatric and adult Level I trauma centers.
- Lead data surveillance initiatives to inform strategic, evidence-based decision-making.
- Develop, track, and manage multiple project and program portfolios concurrently.
- Provide injury prevention leadership at local, state, regional, and national levels to advance public health goals.
- Co-design, implement, and evaluate injury prevention initiatives for pediatric and adult populations, incorporating process and quality improvement measures.
- Coordinate and manage multi-disciplinary teams and volunteers across diverse community partner organizations.
- Mentor and coach injury prevention and public health professionals within and beyond Mayo Clinic.
- Collaborate with an informatics team to optimize and deploy electronic health record resources
- Serve as a subject matter expert guiding institutional and community injury prevention strategies.
- Manage assignments and program deliverables effectively to meet dynamic workload and organizational priorities.

Clinical and Executive Wellness Coach

September 2019–October 2020

Mayo Clinic Healthy Living Program, Rochester, MN

- Delivered board-certified clinical health and wellness coaching to executive health program patients.
- Co-designed patient-centered resiliency and health promotion programs tailored to high-performing professionals.
- Co-developed the innovative *Capacity Coaching* research program to advance the field of wellness coaching.
- Refined electronic health record clinical documentation templates to improve workflow and patient care.
- Promoted to Assistant Professor of Health Care Administration at Mayo Clinic College of Medicine and Science in recognition of excellence in coaching, program development, and education.

Employee Well-being Specialist

March 2014–September 2019

Mayo Clinic Dan Abraham Healthy Living Center, Rochester, MN

- Served as a leader and subject matter expert in board-certified coaching, certified fitness training, quantitative fitness evaluation, and health education.
- Led a quality improvement initiative for preventive and internal medicine third-year medical residents.
- Managed medical resident schedules, interdepartmental communications, and qualitative evaluations to support program excellence.
- Conducted interdepartmental qualitative research to inform curriculum and program development.
- Co-authored a *Capacity Coaching* publication in a peer-reviewed journal, advancing best practices in health coaching.
- Earned promotion to Instructor in Family Medicine and Instructor in Health Care Administration, recognizing contributions in teaching, coaching, and research.

Program Manager: Therapeutic Exercise*January 2012-March 2024*

Cambridge Chiropractic Clinic, Cambridge, MN

- Developed, facilitated, and managed a comprehensive rehabilitative exercise program to support patient recovery.
- Designed and delivered individualized rehabilitative and preventative exercise plans tailored to patients' specific needs and goals.
- Supported administrative operations, including patient record management and program documentation, to ensure quality and compliance.

Cardiopulmonary Exercise Physiology Technician*August 2008-December 2010*

Clearwater Health Services, Bagley, MN

- Provided ACLS-certified EKG technician services for emergency department, inpatient hospital, and outpatient clinic populations.
- Conducted clinical exercise stress tests and pulmonary function tests to support cardiac and pulmonary diagnostics.
- Applied, transmitted, documented, and distributed results for 24-hour Holter monitors and 30-day event monitors.
- Performed administrative duties and delivered direct patient care for Cardiac and Pulmonary Rehabilitation programs.
- Designed, implemented, and managed an employee wellness program to promote workforce health and engagement.

Adult Foster Care Mental Health Rehabilitation Worker*October 2006 – September 2010*

Rule 26 Ltd. Of Duluth, Bemidji, MN

- Provided direct services as part of an interdisciplinary team supporting adults in short- to mid-term foster care settings with severe and persistent mental illness.
- Responded promptly and effectively to emergent needs, ensuring resident safety and continuity of care.
- Developed and implemented personalized care plans to strengthen psychiatric stability, build social competencies, increase independent living success, and enhance community engagement skills.

EDUCATION**Master of Science, Health Education and Behavior** – University of Florida, Gainesville FL**Bachelor of Science, Community Health** – Bemidji State University, Bemidji MN**Bachelor of Science, Exercise Science** – Bemidji State University, Bemidji MN**CERTIFICATIONS****Board Certified Health and Wellness Coach****Master Certified Health Education Specialist****Project Management Professional****ADDITIONAL SKILLS & LANGUAGES****Technical Skills**

- Proficient in Microsoft Office 365: Word, Excel, PowerPoint, OneNote, Outlook, Teams, and SharePoint
- Experience working in digital platforms and utilizing AI

Languages

- Fluent in English
- Professional working proficiency in American Sign Language (ASL)
- Limited working proficiency in Spanish