

# REBEKAH GAYDOSH, RDN, LD

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## Education

**The University of Alabama**, Tuscaloosa, AL  
Master of Business Administration, May 2021  
Concentration: Strategic Management and Marketing  
GPA: 4.0

**The University of Alabama**, Tuscaloosa, AL  
Bachelor of Science in Human Environmental Sciences, May 2019  
Minor: General Business  
GPA: 4.0

## Work Experience

**Envision Dietetics LLC**, Tuscaloosa, AL **June 2019-Present**  
CEO and President

- Identified a need in the Tuscaloosa community for healthy food management and created a company to address these nutrition-related issues
- Developed consultation strategy to assess nutritional status of client in order to form manageable goals to reach clients target lifestyle
- Committed to providing educational experience to ensure long-term success for client with current and future nutritional concerns

**Aurora Cares d/b/a Tara Cares, Orchard Park, NY** **May 2019**  
Reimbursement Department Intern

- Data entry into Medicare cost report software for 35 skilled nursing facilities located in 7 different states
- Verification, review, and edit checking of Medicare and Medicaid cost reports and related attachments prior to submission
- Assembled Medicare and Medicaid cost report submission packets

**Element Health, Birmingham, AL** **June-July 2018**  
Dietetic Intern

- Coached participants regarding health score sheet evaluation to assess current health status
- Conducted screenings to evaluate blood pressure, body fat percentage, height/weight and lipid profile
- Acted as administrative assistant to process and approve fitness reimbursements for participants in LIVESMART program
- Coordinated monthly LIVESMART emails and health promotions

## Skills/Capabilities/Expertise

- Experienced in various charting systems within the dietetics and healthcare fields
- Proficient in Microsoft Word, Excel, PowerPoint

## Research Experience

**Project MEE: Feeding Mind, Body, and Soul, The University of Alabama**, Tuscaloosa, AL **2018-2019**  
Undergraduate Research Assistant

- Completed over a year of research concerning the effect of mindful eating and weight loss compared to conventional weight-loss techniques with education on healthy eating patterns
- Recorded anthropometric measurements and qualitative data regarding participant
- Acted as a health coach to identify problem behaviors and counsel over 20 participants on creating a goal which fits their lifestyle

## Honors/Leadership/Activities

- President's List, UA Scholar Award, Phi Upsilon Omicron Honor Society, The Academy of Nutrition and Dietetics, International Federation of Eating Disorder Dietitians