

Rhea Sethi

Nutritionist

Seeking opportunity as a nutritionist, wellness professional. Focus on conducting detail nutrition consultation and creating personalised meal plans to meet the needs of each client. Detail oriented nature and skills in public speaking, nutritional education and organization.



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Pune, Maharastra, India

instagram.com/rheasethi9

EDUCATION

Diploma

VLCC Beauty & Nutrition Institute

11/2021 - Present

Pune, Maharastra

Courses

- Diploma in Health & Nutrition

Graduation

RDVV College

03/2017 - 09/2020

Jabalpur, MP

Courses

- BA in Psychology

School

St. Joseph's Convent School

03/2016 - 04/2017

Jabalpur, MP

Courses

- 10+2, Commerce

WORK EXPERIENCE

Clinical Nutritionist

LifeUno Corporate Clinic

06/2023 - Present

Pune, Maharashtra

Achievements/Tasks

- **Specialisation in weight loss. Helped various client with stubborn weight.**
- **Great at working with individuals to understand mental and health needs.**
- **Provided with an in-depth education about not just food and nutrition in general, but what food you need to meet your health goals.**
- **Promote low fat & low sodium diets to promote to support client health.**
- **The ability to motivate others.**
- **Keeping up with food and nutrition research.**

Nutritionist

Vlcc

04/2023 - 06/2023

Achievements/Tasks

- **Communication skills. Interpersonal skills. Organizational skills. Management skills. Instructional skills.**
- **Provide Assistance, Collaborate Effectively, Menu Planning.**
- **Analyzed clients eating habits and outlined areas of improvement.**

SKILLS

Life Coach

Personality Development

Strong Communication

Knowledge of Nutritional and Dietary Assessment Technique

Good Interpersonal Skill

Creativity

Leadership

Patience & Flexibility

CERTIFICATES

Certification in 5 Stages of Personality Development.

LANGUAGES

Hindi

Full Professional Proficiency

English

Full Professional Proficiency

INTERESTS

Staying fit and healthy is something I take great pride in and also it allows me to meet new people and built relationships with individuals from all box of life.

Digital Content Creation, Lifestyle and makeup videos.