



# Debbie Polisky

MBA, MS Nutrition

## PROFESSIONAL SUMMARY

Skilled bilingual educator, adjunct faculty, entrepreneur, community leader and healthcare professional (nutritionist) with 30 years of international experience (Argentina and USA) working with children, students, families and seniors for non for profits (federal and state grants), medical centers and corporations.

Specialized in the areas of nutrition and wellness (employee wellness), mindfulness, yoga, improvised dance and social tango and stress management through innovative self-care community programs.

A successful leader and community advocate for diversity, inclusion and minorities, who speaks in the media about healthcare rights and nutrition.

## WORK HISTORY

### Entrepreneur/Educator/Healthcare Professional/Consultant Both Virtual and In-Person Programs

Phoenix, Arizona. 07/2011 – Present

Independent Nutrition, Mindfulness and Wellness Coach/-Consultant responsible for education and public health programs in nutrition and wellness, media (speaking, videos, blogs, podcasts) and nutrition, mindfulness and wellness programs for schools and organizations.

Creator of an innovative wellness program (Bilingual and Multicultural) for leaders, families and healthcare named Join your Self-Care Party! integrating Mindfulness, Mind-set, Meals and Movement. Grant Recipient and Recognized Award Recipient of this program for several healthcare organizations, both nonprofits and for profits in Phoenix, AZ. Sales and Marketing Expertise by collaborating with most health insurance companies in AZ

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 debbie@debbiepolisky.com

 Avondale, AZ

## SKILLS

- Native Spanish and English languages
- Mindfulness, Meditation and Yoga
- Online Teaching Platforms
- Media Spokesperson (Tv/Radio)
- Content Creator: Videos, Blogs, Podcasts
- Grant Writer for non-for-profits
- Virtual/Remote Mind/Body Programs
- Leader/Entrepreneur/Managerial Skills
- Speaker/Author/Writer
- Social Argentine Tango
- Stress Management

## EDUCATION

### Rosalind University

Master of Science: Nutrition

Chicago, IL

### Devry University

Master of Business: Business -  
Marketing.

Phoenix, AZ

### University of Buenos Aires

Bachelor of Science: Nutrition

Buenos Aires, Argentina

## CERTIFICATIONS

- Argentine Social Tango Coach for Healthcare
- Yoga and Mindfulness for children
- MBSR-Stress Reduction
- Trauma and Mindfulness for schools
- CDSMP - Stanford University
- Functional Nutrition

## AWARDS

- Recipient of the 2013 Keller Graduate School of Management
- Recipient of the 2012 NBC/Telemundo 2nd Hispanic Business Salute
- Recipient of the 2012 Latino Perspectives Entrepreneurial award
- Finalist for the Health Education Award at the Healthcare Heroes 2012 - Phoenix Business Journal

## MEDIA INTERVIEWS

- Local/National/International magazines
- AZ Radio and Television interviews
- Creator/Radio Host of a Hispanic Radio Show on nutrition and wellness

### Find me on social media

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Owner of several businesses, including Nutrition Tango and Words & Health, LLC, offering bilingual communication services, culturally appropriate translations, coaching and consulting.

Writer and Author of two bilingual books: a story for children and a self-care book for adults.

Bilingual Speaker (virtual and in person) for organizations.

Social Media Content Creator (videos, podcasts, posts, blogs).

### Adjunct Faculty (in person and virtual)

Phoenix, Arizona (and national/online). 01/2001 – Present

Contracted Adjunct Faculty for several colleges and universities in USA with a long-standing relationship with:

- Maricopa Community Colleges (20 years)
- Northern Virginia Community College (8 years and current)
- University of Phoenix (13 years)
- Devry University (10 years)

### Adelante Healthcare - Director of Nutrition Services

Phoenix, Arizona. 09/2000 – 07/2011

Provided leadership and budget management for all local and state related nutrition and wellness programs, for the WIC program (Women, Infant and Children), Senior programs, Farmer's Market, Employee wellness programs and chronic health disease programs. Wrote grants, trained staff and maintained budgets for all programs.

### American Medical Center for Stress and Nutrition - Dietitian

Buenos Aires, Argentina 08/1994 – 08/2000

Sole Dietitian and creator of the Nutrition Department of AMECE which included:

- Clinical patient care (chronic health conditions)
- Group care
- Cooking demos
- Media spokesperson
- Speaker
- Writer
- Author