



Jess' Bio

Jess is a Registered Dietitian & Wellness Coach working in Vancouver, B.C Canada. She is registered with the College of Dietitians of British Columbia and is an active member of Dietitians of Canada. Jess graduated from UBC's Food Nutrition and Health program, and completed her dietetic internship with Provincial Health Services Authority after finishing a Psychology degree from SFU.

Jess came to coaching after several years of wearing the expert hat with clients and noted the power of strength-based questions. Such inquiries grounded her clients successes, capabilities, and aspirations and lead to an increased experience of optimism and positive feelings. In her current dietetic practice Jess integrates the coach approach with being a dietitian by making sure her clients first try to find the answers for themselves.

Jess is passionate about education, prevention and creating a healthy community. In her spare time she updates her personal food blog (www.foodyourself.com) where she discusses hot topics in nutrition. She loves working with kids and parents - helping them create a positive relationship with food and enjoys discussing sustainable farming practices to anyone who will listen!

Jess is currently working as a dietitian at a small family-run grocery store in Vancouver and in primary care at a local multi-disciplinary doctor's office. Jess regularly sees clients for wellness coaching while working in primary care and is extremely grateful for the opportunity to work in a clinic that supports her two passions.

As a Wellness Coach Jess specializes in helping clients be their best selves through reaching their fitness, nutrition and mental health goals.

If she is not talking about food or coaching you will find her outdoors either hiking or rock-climbing with her husband and dog Abby.