

Sam R. Hester
713-301-8322
samrhester@gmail.com

SUMMARY

Thirty-five years of professional experience in business, healthcare and academia. Acknowledged expert in creating peak performance and wellness solutions in the workplace and has proactively guided thousands of executives, business professionals and others toward enhanced productivity, resilience, work/life balance, fitness and health.

Proven track-record of providing senior executive management with specialized technical and consultative services that have reduced overall costs for organizations and increased productivity and wellness for employees.

CORE COMPETENCIES

- Executive Coaching
- HR Consulting
- Culture Change
- Organizational Development
- Public Speaking
- Wellness Coaching
- Leadership Development

ACCOMPLISHMENTS

- Author of 2 books: *Executive Wellness: The 4 Week Get-Back-On-Track Program* (ISBN: 978-0988846302 Copyright © 2013) and *Soar to Success Minus the Stress* (ISBN 978-0615232386 Copyright © 2008).
- Member of the National Speaker's Association 2008-Present (Only the top 3,500 speakers worldwide have earned the honor to join this prestigious organization).
- Past President (2007) of the College & University Work/Family Association (CUWFA), the premier work/life organization in higher education throughout the U.S. (Leader & primary spokesperson for work/life issues in academia).
- Presented "The Effects of Stress in Academia" to Ph.D. scientists at the 5th Annual National Post-Doctoral Association Conference at the University of California at Berkeley in March 2007.
- Designed and implemented first onsite wellness coaching program in 2006 assisting employees with weight management, fitness, nutrition, stress, smoking cessation and other life issues that affect health and wellness. Highlighted in article "Wellness at Work: How to get - and stay - healthy between 9 and 5" in September 2007 issue of *Total Body Magazine* (Houston's leading health magazine).
- Conducted 2006 leadership development research pilot study "Creating Great Places to Work" with managers' reporting improvement in all 11 personal leadership skills and 15 out of 18 emotional intelligence competencies.

- Selected as one of only ten *fellows* for the 2005–2006 academic year UT Academic and Administrative Leadership Development Program (executive leadership development fellowship).
- Established first in-house executive coaching program after completing pilot study in 2004. Coaching participants reported overall satisfaction with task management skills up 83%, leadership skills up 50%, ability to manage conflict at work up 50%, productivity levels up 33%, handling their personal stress effectively up 33% and current work/life balance up 66%. Results published in the May 2006 Journal *Women in Higher Education*.
- Presented “Creating a Survival Plan for Gulf War Illness Sufferers” at the 8th Annual Gulf War Illness Issues Conference, Washington D.C. May 2004.
- Collaborated in development and delivery in 2003 of change management leadership development program which trained over 1,000 physicians & managers with an 88% “good or excellent” feedback rating. Results reported in April 2004 *Work/Family Trend Report*.
- Spearheaded 2002 culture change pilot study assisting business team from storming to high-performing. Participants reported satisfaction with job responsibilities up 45%, team work up 28%, work/life balance up 31% and stress down 16%. Results published in July 2003 Journal *Women in Higher Education*.

EXPERIENCE

Executive Wellness, Houston, TX (2008–Present) www.executivewellnesscoach.net

Owner—Consult/coach with organizations, executives and business professionals to create peak performance and wellness solutions.

The University of Texas Health Science Center at Houston (UT Health) (1999–2017)

UT Employee Assistance & Work/Life Programs (UTEAP)

Work/Life & Wellness Coordinator—Executive/wellness coaching, work/life and wellness services for the employee assistance program that included 8,000 UT faculty and staff.

PROFESSIONAL CREDENTIALS

- Certified Personal Trainer (CPT), The American College of Sports Medicine (ACSM)
- Certified Emergency Medical Technician (EMT)--Texas Department of State Health Service
- Corporate Coach University, Corporate Coach University Graduate (CCUG)
- Auburn University, B.S., Business Administration 1983
- United States Navy – Secret Clearance, Honorable Discharge, 1977–1980