

MAYA CHEN

NUTRITIONIST | BSC (HONS) NUTRITIONAL SCIENCE

SWANSEA, UNITED KINGDOM

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ADDITIONAL INFORMATION

- [linkedin.com/in/mayachen](#)
- Available for remote and hybrid working, including virtual consultations
- Experience supporting clients across NHS, private, and community settings
- Full right to work in the UK.

SKILLS

Behaviour change support

Nutritional assessment

Dietary and nutritional plans

Menu planning and food science

Virtual consultation delivery

Nutrition research and analysis

CERTIFICATIONS

- Association for Nutrition (AfN) – Registered Nutritionist (RNutr), 2021
- Level 2 Food Safety and Hygiene Certificate, 2021
- Enhanced DBS Certificate, current
- CPD: Motivational Interviewing for Behaviour Change, 2023

EDUCATION

BSc (Hons) Nutritional Science, University of Manchester, 2020

PERSONAL PROFILE

Performance-focused Nutritionist with three years of experience supporting clients across clinical, community and sports settings. Skilled in nutritional assessment, developing personalised nutritional plans, and delivering nutrition education that supports measurable progress towards individual health goals. Known for clear communication and an evidence-based approach to behaviour change, with experience working remotely via virtual consultations and in-person clinic settings.

WORK EXPERIENCE

NUTRITIONIST

2022

WELLBEING NUTRITION CLINIC

Swansea

Provide one-to-one consultations and tailored dietary plans based on clients' nutritional requirements, lifestyle factors, and long-term health goals. Conduct 15–20 consultations weekly, assessing dietary intake and identifying nutritional needs using evidence-based frameworks.

- Increased follow-up engagement by 18% by introducing structured progress reviews and behaviour change strategies
- Developed personalised nutritional plans for 20+ clients per week, improving dietary adherence through clear, practical guidance

STUDENT NUTRITIONIST

2021 - 2022

UNIVERSITY OF MANCHESTER (PLACEMENT)

Manchester

Conducted dietary assessments for volunteer participants as part of a public health nutrition project. Supported the development of healthy eating habits resources for community groups and analysed nutritional data using evidence-based frameworks.

- Completed a research project investigating micronutrient deficiencies in young adults, achieving a First Class grade
- Presented findings to academic supervisors and contributed to a departmental report on community nutrition interventions