

Holly Cotton

Email: holly@hollycotton.com

Phone: 281-865-5868

Multimedia Personality

- Moderator for events involving genres such as politics, religion, education and empowerment
- Creator and host of Beyond the Fit Podcast
 - Generated inquisitive questions and talking points for guests
 - Scheduled live and recorded interviews
 - Maintained flow of conversations
 - Edited audio and video segments
 - Created promotional content
- Best Selling Author x3
- Expert speaker on health and wellness topics, medical guidelines, empowerment, and entrepreneurship
- Red carpet host
- Motivational Speaker and panelist
- Influencer and content creator
- Served as Emcee and Mistress of Ceremonies for multiple events
- Fitness expert in nutrition, exercise, and body systems
- Advocate in multiple fields including cancer, mental health, fitness and wellness

Professional Work Experience

Registered Nurse

Senior Care Coordinator

United Healthcare

January 2016 to present

*Managed caseload of 100 member's health

*Triaged patient centered care

*Coordinated benefits to ensure optimal health

Collegiate Instructor

Lone Star College System

June 2015 to present

Taught lecture and clinical to nursing students.

Education

Master of Science in Nursing

Western Governor's University Texas - Austin, TX

Bachelor of Science in Nursing

University of Texas at Arlington - Arlington, TX