



# GABRIELA VILLA CARRILLO

## LINKEDIN

[linkedin.com/in/gabriela-villa-carrillo](https://www.linkedin.com/in/gabriela-villa-carrillo)

## WEBSITE

[Intenseatfit.com](https://intenseatfit.com)

## MOBILE

+61 0468 936 138

## EMAIL

[Gaby@intenseatfit.com](mailto:Gaby@intenseatfit.com)

## OBJECTIVES

- ✓ Support athletes and the general population to achieve better health outcomes through nutrition and physical activity evidence based recommendations
- ✓ Support the delivery of effective health promotion interventions across the population.
- ✓ Develop effective public health strategies through evidence-based practice.

## WORK EXPERIENCE

**DEVELOPMENT OFFICER**, *WA Department of Health – Health Networks*  
November 2019 to present

- Provide strategic support to the Diabetes and Endocrine Health Network and the Disability Health Network.
- Support the implementation of the WA Healthy Weight Action Plan.
- Prepare and submit the monthly Health Networks Bulletin.

**PROGRAM OFFICER**, *WA Department of Health – Health Networks*  
January 2019 – November 2019

- Use of creativity and written communication skills to coordinate the team's communication strategy with internal and external stakeholders.
- Support the delivery of State Government priorities such as WA Men's Health and Wellbeing Policy and WA Healthy Weight Action Plan.

**GRADUATE OFFICER**, *WA Department of Health*  
January 2018 – December 2018

- **Healthy Public Spaces Project Officer – North Metropolitan Health Service.** Use of project management and health promotion knowledge to increase the availability of healthy food and drink items among sport and recreation centres; deliver awareness raising presentations among local government officers and; design and execution of the pilot project.
- **Public Sector Reform – Policy and Intergovernmental Relations Unit.** Development and implement an integrated work program and reporting approach for the delivery of public sector reform recommendations across the WA health system with a strong emphasis on project management, stakeholder engagement and written communication.
- **Improving patient outcomes by reducing clinical variation – East Metropolitan Health Service.** Undertake a comprehensive literature review and use of data on clinical variation within the Royal Perth Hospital to identify an evidence based pathway to standardising care.

## SKILLS & ATTRIBUTES

- ✓ Project management
- ✓ Strong analytical and conceptual skills.
- ✓ Excellent written and verbal communication.
- ✓ Capable of working well independently and in a team.
- ✓ Highly adaptable and efficient.
- ✓ Dynamic and enthusiastic
- ✓ Proficient in Microsoft Office including Excel and PowerPoint.
- ✓ Spanish (native language)
- ✓ English (full professional proficiency)

## EDUCATION

**DIPLOMA OF LEADERSHIP AND MANAGEMENT**  
*Integral Development*  
January 2018 – November 2018

**MASTER OF HEALTH SCIENCE**  
*University of Western Australia*  
March 2016 – December 2017

**GRADUATE DIPLOMA IN SPORTS NUTRITION**  
*International Olympic Committee*  
January 2013 – December 2014

**BACHELOR OF ARTS IN NUTRITION AND WELLNESS**  
*Instituto Tecnológico de Estudios Superiores de Monterrey*  
August 2008 – December 2012



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## WORK EXPERIENCE CONTINUED

### COACH AND MENTOR, *Sports Challenge Australia*

March 2017 – September 2017

- Data collection and analysis of eating patterns among primary school children.
- Design and delivery of a healthy eating program to parents.
- Promote healthy eating practices among primary school children.

### BUSINESS OWNER, *Intensity Advanced Sports Nutrition*

January 2014 – February 2016

- Creation and delivery of presentations related to adopting healthy habits in the workplace and at home.
- Meal plan development and nutritional assessments for athletes.
- Corporate nutritional assessment and meal plan development for employees with obesity, diabetes and hypertension among different corporations.

### SPORTS NUTRITIONIST, *Instituto Estatal de Cultura Física y*

*Deporte de Nuevo León (Nuevo León State Institute of Physical Activity and Sport – México)*

March 2013 – November 2015

- Working in multi-disciplinary teams to ensure overall athlete mental and physical wellbeing and performance.
- Meal plan development for improving sports performance.
- On-site sports nutrition advice and support at national competitions.

### ASSISTANT LECTURER, *Instituto Tecnológico de Estudios*

*Superiores de Monterrey and Universidad Autonoma de Nuevo Leon*

December 2012 – March 2013

- Supporting preparation and delivery of Sports Nutrition lectures across the two main universities in the State of Nuevo Leon.

## VOLUNTARY WORK

### PRESIDENT – June 2019 to present

*University of Western Australia Triathlon Club*

### PROGRAM EDITOR – April 2019 to present

*TEDxPerth*

## CERTIFICATIONS

### WRITING SKILLS FOR GOVERNMENT –

August 2018 *Institute of Public Administration Australia WA*

### WRITING POLICY DOCUMENTS

– June 2018

*Institute of Public Administration Australia WA*

### ULTRASOUND MEASUREMENT OF SUBCUTANEOUS ADIPOSE TISSUE

– Level 2

*International Association of Sciences in Medicine and Sports*

### ANTHROPOMETRIST – Level 2

*International Society for the Advancement of Kinanthropometry*

### INTERNATIONAL CERTIFICATION IN

### SPORTS COACHING – March 2015

*Sports Coaching World*

## INTERESTS

- Triathlon
- Blogging
- Traveling
- Cooking
- Photography