

I am a Certified Health Education Specialist (CHES®) and Internal Family Systems (IFS) practitioner. I help people live healthier lives in the present while healing wounds from the past.

Manya
Ronay

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Education

University of Florida, Master of Science in Health Education and Behavior

- » Graduated Spring 2022, 4.0 GPA – Certified Health Education Specialist (CHES®)

Rutgers University, Bachelor of Arts in Journalism and Media Studies

- » Graduated January 2019, *Summa Cum Laude*, 4.0 GPA

Notable Achievements

- » Published thesis on America's processed food culture and chronic disease, which received over 170,000 views and critical acclaim across the health community.
- » Appointed youngest member of the Hypoglycemia Support Foundation advisory board.
- » Inducted into Matthew Leydt Society, honoring the top two percent of Rutgers graduates.
- » President of 2018 Kappa Tau Alpha (Journalism Honor Society) cohort.
- » Recipient of 2018 Edward J. Mack Memorial Scholarship and 2017 Barry S. Kramer Endowed Scholarship in Journalism.

Experience

March 2023-present

Internal Family Systems (IFS) Practitioner, Private Practice

- » IFS is a powerful form of therapy that helps us get to know our different parts: parts that want to be healthy, parts that overeat, inner critics and more.
- » Specializing in IFS for eating and health.
- » Trained under Einat Bronstein, certified IFS therapist and lead trainer.

July 2022-present

Food Addiction Recovery Advocate (in training), Addiction Reset Community (ARC)

- » Support clients overcoming food addiction via video calls and messaging pods.
- » Using Motivational Interviewing (MI), I help clients build healthy lives and break the cycle of addiction.
- » Training under Dr. Joan Iffland, who wrote the textbook: *Processed Food Addiction*.

Sept. 2020-present

Social Media Manager, Hypoglycemia Support Foundation (HSF)

- » Manage the social media presence of multiple public health clients including Dr. Robert Lustig, an acclaimed pediatric endocrinologist who is fostering a global discussion about metabolic health and real food.
- » Curate and produce high-quality science and health content that reaches thousands of readers each day across numerous digital media channels.

March 2017-Sept. 2018

Journalist, Rutgers University School of Engineering

- » Reported on the university's latest science and technology developments, faculty research and student achievements across 11 engineering departments.
- » Published content on department websites and seasonal newsletters/magazines.

April 2017-May 2018

Layout Editor, Rutgers Journal of Bioethics

- » Formatted the journal's layout using Adobe InDesign alongside the design team.
- » Assisted the editorial board in curating and editing journal articles for publication.

June-Aug. 2016

June-Aug. 2015

Digital Marketing Intern, Berkshire Hathaway HomeServices Florida Network Realty

- » Designed marketing materials (e.g. advertisements, fliers, brochures), composed corporate press releases and drafted content for website redesign.
- » Headed the 2016 Backpack Challenge, which collected over 1,000 backpacks filled with school supplies for local underprivileged students.

Skills

- » Internal Family Systems
- » Health Education/Promotion
- » Motivational Interviewing
- » Science & Health Writing
- » AP Style/Copyediting
- » Graphic Design
- » Web Layout & Design
- » Social Media Management
- » Adobe InDesign
- » Adobe Photoshop
- » SPSS Statistics
- » CMS (Drupal, Wordpress)