

**Curriculum Vitae**  
**Tara Leonard, MS, NBC-HWC**

**WORK ADDRESS:** Department of Behavioral Health and Nutrition  
University of Delaware  
228 Tower at STAR Campus  
100 Discovery Blvd  
Newark, DE 19713  
Office: 302-831-3891  
taral@udel.edu

**EDUCATION:** 2016 MS University Delaware (Health Promotion)  
1996 BS Towson University (English)

**EXPERIENCE:**  
2016 -present Faculty, Associate Instructor, Department of Health Behavior and Nutrition Sciences  
2017-Present Health Coach, University of Delaware Health Coaching Clinic  
2022-Present Health Coaching Clinic, Director, University of Delaware Health Coaching Clinic  
2019-Present Diabetes Prevention Program, Lifestyle Coach, CDC  
2018-Current Smoking Cessation Program Facilitator (ALA), American Lung Association  
2017-Present National Board for Health and Wellness Coaching Board Certified Health and Wellness Coach  
2016-Current Graduate Certificate in Clinical Health Coaching, University of Delaware  
2014-2016 Graduate Research Assistant, University of Delaware, Health Promotion

**ACADEMIC AWARDS AND HONORS:**  
2020 University of Delaware Excellence in Service Nomination

**PROFESSIONAL AFFILIATIONS AND SERVICE/LEADERSHIP:**  
2017-Present National Board for Health and Wellness Coaches, NBHWC (2017 – present)

**Service to Organization/Profession:**  
2018 – Present: Item Writer, NBHWC  
2018 – Present: Item Reviewer, NBHWC  
2018 – Present: Exam Approver

**SCHOLARSHIP:**

Tansey J, Saylor J, Leonard T. Does Health Coaching Reduce the Risk of Type 2 Diabetes? *The Journal for Nurse Practitioners*. 2024 Sep 1;20(8):105118.

Berzins NJ, Mackenzie M, Galantino ML, Pickles N, Hebbel S, Leonard T, Beneck D, Peterson M. Preliminary effectiveness study of a community-based wellness coaching for cancer survivors program. *American Journal of Lifestyle Medicine*. 2024 Jul;18(4):465-74.

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**Tara Leonard, MS, NBC-HWC**

Suminski RR, Leonard T, Obrusnikova I, Kelly K. The impact of health coaching on weight and physical activity in obese adults: a randomized control trial. *American Journal of Lifestyle Medicine*. 2024 Mar;18(2):233-42.

Jakiela, J. T., Voinier, D., Hinman, R. S., Copson, J., Schmitt, L. A., Leonard, T. R., Aily, J. B., Bodt, B. A., & White, D. K. (2023). Comparing an Expanded Versus Brief Telehealth Physical Therapist Intervention for Knee Osteoarthritis: Study Protocol for the Delaware PEAK Randomized Controlled Trial. *Physical therapy*, 103(2), pzac139. <https://doi.org/10.1093/ptj/pzac139>

Orsega-Smith, E., Leonard, T., Ruggiero, L. *et al.* Impact of a simulation-based education approach for health sciences: demo, debrief, and do. *BMC Med Educ* 23, 747 (2023). <https://doi.org/10.1186/s12909-023-04655-w>

**GRANTS:**

Multimedia Production Flips the Classroom for Health Coaches in Training (PI: Leonard). June 2018, University of Delaware, Center for Teaching and Assessment of Learning.

**POSTER PRESENTATIONS:**

Mackenzie, M. J.; Pickles, N.; Berzins, N.; Hebbel, S.; Leonard, T. R.; Diane, B.; Alyssa, S. Development & preliminary feasibility study of a community-based wellness coaching for cancer survivors program. *Annual College of Health Sciences Research Day*, 2019.