

Brinkley Harrison

San Marcos, TX 78666

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Professional Summary

Early-career nutrition professional with a strong foundation in maternal and infant nutrition, psychology, and client education. Passionate about supporting women and families through evidence-based, compassionate care while pursuing the lactation consultant (IBCLC) pathway. Skilled in client communication, education, and holistic wellness support.

Skills & Competencies

- Client education and counseling support
- Compassionate, professional communication
- Intake and needs assessment
- Health education resource development
- Time management and organization
- Research literacy and evidence-based practice
- Community and volunteer engagement
- Empathetic communication

Experience

Animal Sitter, 07/2024 - Current

Rover - San Marcos, TX

- Build trust-based relationships with clients through consistent communication and reliability
- Conduct intake conversations to assess individual care needs and preferences
- Provide compassionate, attentive care while maintaining structured routines and schedules
- Demonstrate professionalism, time management, and accountability in independent work

Holistic Nutrition Intern, 05/2025 - 07/2025

Revived Roots Functional Nutrition

- Supported client-centered nutrition care using a holistic, whole-person approach
- Assisted in the development of educational materials focused on women's health, pregnancy, and wellness
- Observed and supported behavior change, lifestyle factors, and nutrition education
- Strengthened skills in empathetic communication, active listening, and individualized client support

Insurance Agent Assistant, 04/2017 - 07/2020

Harrison Insurance - Frisco, TX

- Supported client services through organization, communication, and record management
- Assisted with outreach and marketing materials for community engagement
- Maintained confidential client records with accuracy and attention to detail

Education

12/2025 Texas State University - San Marcos, TX

Bachelor of Science Nutrition, Psychology

Relevant Coursework: Nutrition Physiology, Nutrition Research Methods, Lifespan Nutrition, Nutrition Counseling & Education

Certifications

- ServSafe Manager
- Learn2Serve Food Handler
- TABC Seller-Server
- CITI Program Training (Human Subjects Research)

Community And Leadership Involvement

- Former Member, Texas State University Yoga Club
- Volunteer, New Braunfels Food Bank
- Volunteer, River Clean-Up Initiative
- Volunteer, Bobcat Bounty
- Volunteer, Purgatory Creek Clean-Up
- Former Member, Young Life Small Group