

# NOUR DANNO

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## SKILLS

Public Speaking  
Communication  
Research  
Writing and Editing  
Creative Collaboration  
Social Media Marketing  
Interviewing  
Active Listening  
Relationship Development  
Community Engagement  
Balancing Competing  
Priorities  
Deadline Oriented  
Video Editing  
Non-Linear Programs  
Microsoft Office

## EDUCATION

**BACHELOR OF SCIENCE,  
NUTRITION, Notre Dame  
University, Louaize**

**BACHELOR OF SCIENCE,  
PHYSICAL EDUCATION,  
Notre Dame University,  
Louaize**

## PROFESSIONAL EXPERIENCE

### **NEWS ANCHOR, REPORTER, AND WRITER LBCI, 2016-2018**

- Conducted newscasts live, delivered announcements, and recorded interviews with newsmakers in a primarily double-anchor format
- Researched, wrote, edited, and coordinated news programming and related content
- Often tasked with leading health-related news stories on topics such as cancer, diabetes, and healthy diets and exercise routines
- Maintained crucial deadlines in a fast-paced environment
- Developed and reported on franchise and sweeps stories
- Participated in promotional and charitable activities and made personal appearances at community events to promote the station and engage with listeners
- Fostered relationships within the community to generate enterprising story ideas
- Workshopped story ideas in collaboration with other team members and show producers
- Established relationships with listeners to determine their interests and preferences with regards to format, genre, and other performance metrics

### **VEGAN SPEAKER, AUTHOR, AND HEALTH ACTIVIST VeganWithNour, 2019-Present**

- Promote health-related topics, with a primary focus on the benefits of a vegan lifestyle, through various forms of media
- Wrote and published a book about veganism and health, launching in May 2020.
- Utilize social media, primarily Facebook and Instagram, to publish educational and informative content regarding the arguments for and benefits of veganism, as well as to engage with readers
- Create videos, including scripting, filming, editing, and publishing
- Develop, test, and publish healthy vegan recipes

### **NUTRITIONIST AND ATHLETICS CONSULTANT Independently Contracted, 2013-Present**

- Provide nutrition and training advice to individuals and athletes
- Assess client health needs and current diet in order to create a custom-tailored nutrition and training plans
- Assist clients in creating meal plans and exercise routines
- Promote better nutrition by educating clients on the links between diet, nutrition, good eating habits, and preventing or managing certain diseases with diet and exercise