

Mónica Hernández López

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LINKS

[LinkedIn](#), [Foodie Blog](#)

PROFILE

Changemaker enthusiast, leading projects in sustainability, wellness, and nutrition.

EMPLOYMENT HISTORY

Mar 2020 — Jun 2022

Community Manager, No Escuches mi Voz

Responsible of content creation, social media design and customer service of an online meditation studio. In charge of the logistics, execution and development of Escuchando Mi Voz, a 40-day online meditation course. Responsible for design creation, customer service, ad design and coordination of influencer campaigns.

Jun 2017 — Present

Food Blogger, Freelance

Founder of @mon.avocado a platform for lifestyle sharing + plant-based recipes + environmental awareness + private consultation in the wellness area. Collaboration with brands for content creation, workshops at universities, restaurants or social groups.

EDUCATION

2020 — Present

BSc. Nutrition, Universidad de Celaya

Celaya

Currently at 7th semester, with an average of 97/100

Part of the Alumni Society of Universidad de Celaya.

Jan 2023 — Jun 2023

International Student: Nutrition, Universitat de Lleida

Lleida

Winner of an international scholarship in Spain to take courses in the areas of clinical nutrition and research.

2020 — Present

Plant Based Culinary Arts, Matthew Kenney Culinary

Online

Studying Plant Based Culinary Arts with Chef Mathew Kenney.

2016 — 2019

PBB, Instituto Tecnológico y de Estudios Superiores de Monterrey (ITESM)

Celaya

Bicultural High School Program PrepaTec

Achievements: Distinction for Academic Talent (Each semester)

Participation in cultural activities, contests, and social aid groups.

SKILLS

Adaptability

Fast Learner

Creativity

Interpersonal Skills

Critical thinking and problem solving

Leadership

Decision Making

Teamwork

LANGUAGES

Spanish

Native speaker

Italian

Highly proficient

English

Highly proficient

OTHER COURSES

2023

Level 1 Anthropometrist, ISAK

Aug 2022	Liderazgo Regenerativo, Opepa
Oct 2021	Storie italiane di agricoltura, territori e cibo, Università degli Studi di Siena
Oct 2021	Climate Reality Leadership Corps Training, The Climate Reality Project
Aug 2021	Gut Check: Exploring Your Microbiome , University of Colorado Boulder
Feb 2021	Specialized Module on Cities and Climate Change, UNITAR
2020	Specialized Module on Human Health and Climate Change, United Nations Institute for Training and Research (UNITAR)
2020	eLearning Programme: Sustainable Diets, United Nations Institute for Training and Research (UNITAR)
2019	Heart Savers: CPR and use of AED, Tecnológico de Monterrey
2019	Veggie Power Summit, Dr. Mauricio González
2018	Veggie Power Summit, Dr. Mauricio González
2018	Stanford Introduction to Food and Health, Stanford

AWARDS

2020	Municipal Youth Award. Category: Environmental Protection	IMJUV Celaya
2016 — 2019	Scholarship for Academic Talent	Tecnológico de Monterrey
Jan 2021	Manos por el Mundo 2021	IMJUV Celaya

REFERENCES

References available upon request

EXTRA-CURRICULAR ACTIVITIES

Oct 2021 — Present	Climate Reality Leader, The Climate Reality Project Volunteer at The Climate Reality Project, which spread awareness, drive action and support solutions for climate change.
Jan 2018 — Aug 2019	CASC (Comité de Acción Ciudadana), PrepaTec Board of Directors of CASC, carrying out the treasury, where I was in charge of managing the economic resources for different social aid activities.

PUBLICATIONS

Apr 2021

Crisis climática como oportunidad

Open Innovation Garage

<https://knowledge.openinnovationgarage.com/crisis-climatica-como-oportunidad/>