



MICHAEL ANDERSON

Mental Health Educator

Compassionate Adult Workforce Educator with a focus on mental health and wellness in adult education. More than 6 years of experience providing training and support for adults facing mental health challenges in the workplace. Skilled in creating supportive educational environments that promote mental well-being and resilience. Dedicated to integrating mental health awareness into workforce development programs.

CONTACT

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- San Francisco, CA

EDUCATION

Bachelor's in Psychology

State College
2016-2020

SKILLS

- Mental Health Awareness
- Coaching
- Curriculum Development
- Community Collaboration
- Workshop Facilitation
- Evaluation Techniques

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Mental Health Educator

2020-2023

Wellness Training Institute

- Developed and facilitated workshops on mental health awareness tailored for adult learners.
- Provided one-on-one support and coaching for participants dealing with workplace stress.
- Collaborated with local mental health organizations to enhance program offerings.
- Created educational materials that addressed the intersection of work and mental health.
- Conducted evaluations to measure program impact on participants' well-being.
- Trained staff on mental health first aid and support strategies for adult learners.

Workplace Wellness Facilitator

2019-2020

Harmony Adult Education Center

- Facilitated training sessions focused on building resilience and coping strategies for adults.
- Implemented wellness programs that improved participant satisfaction and retention rates.
- Provided resources and referrals for mental health services to participants.
- Organized community events to raise awareness about mental health in the workplace.
- Conducted workshops that integrated mindfulness practices into everyday work life.
- Evaluated participant progress and adjusted programs to meet their needs.

ACHIEVEMENTS

- Increased program participation by 50% through targeted outreach and community engagement.
- Recognized for excellence in mental health education by local health organizations.
- Developed a training manual for educators on mental health support strategies.