



Michael ANDERSON

THERAPEUTIC RECREATION COORDINATOR

Accomplished Adventure Recreation Coordinator with a focus on therapeutic outdoor programming and holistic wellness. This professional brings a unique perspective to adventure recreation, emphasizing the mental and emotional benefits of outdoor activities. Proven expertise in developing programs that cater to individuals with varying abilities and backgrounds, fostering inclusivity and personal growth.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Therapeutic Programming
- Mental Health Awareness
- Group Facilitation
- Community Partnerships
- Program Evaluation
- Wellness Integration

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER OF SCIENCE IN RECREATION THERAPY, WELLNESS UNIVERSITY

ACHIEVEMENTS

- Awarded 'Program of the Year' by the National Therapeutic Recreation Association for innovative therapeutic programming.
- Secured grants totaling \$25,000 for the development of new wellness initiatives.
- Recognized for outstanding contributions to community mental health awareness campaigns.

WORK EXPERIENCE

THERAPEUTIC RECREATION COORDINATOR

Healing Adventures

2020 - 2025

- Designed and implemented therapeutic adventure programs for individuals with mental health challenges.
- Collaborated with mental health professionals to develop program curricula focused on wellness and recovery.
- Facilitated group sessions promoting emotional resilience and personal development through outdoor activities.
- Monitored participant progress and adapted programs to meet individual needs and goals.
- Conducted workshops on the benefits of nature for mental health, receiving positive feedback from participants.
- Developed partnerships with local health organizations to expand program reach and accessibility.

OUTDOOR WELLNESS FACILITATOR

Nature's Healing Path

2015 - 2020

- Implemented outdoor wellness programs focusing on mindfulness and stress reduction techniques.
- Conducted assessments to tailor programs to individual participant needs and preferences.
- Organized community events promoting the therapeutic benefits of outdoor activities.
- Collaborated with local schools to provide educational workshops for students on mental health awareness.
- Developed training guides for staff on integrating wellness practices into adventure programming.
- Evaluated program outcomes to ensure effectiveness and participant satisfaction.