



# MICHAEL ANDERSON

## CORPORATE WELLNESS COORDINATOR

### CONTACT

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-  San Francisco, CA

### SKILLS

- Preventive Health
- Corporate Wellness
- Workshop Development
- Public Speaking
- Community Engagement
- Health Assessment

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

MASTER OF PUBLIC HEALTH,  
UNIVERSITY OF WELLNESS SCIENCES

### ACHIEVEMENTS

- Increased employee wellness program participation by 50% within one year.
- Recognized for outstanding contributions to workplace health with the Health Innovator Award.
- Successfully launched a company-wide health challenge that improved overall employee health metrics.

### PROFILE

With a focus on preventive health education, I have spent the last five years as an Alternative Health Educator in corporate wellness programs. My experience includes designing comprehensive health workshops that educate employees on the benefits of alternative therapies such as yoga, acupuncture, and nutritional supplements. I believe in the power of holistic health to not only improve individual well-being but also enhance workplace productivity and morale.

### EXPERIENCE

#### CORPORATE WELLNESS COORDINATOR

##### HealthFirst Solutions

2016 - Present

- Developed and implemented wellness programs targeting employee health and productivity.
- Led workshops on stress management techniques and alternative health practices.
- Created engaging content for internal newsletters and health campaigns.
- Conducted health assessments and provided personalized recommendations.
- Monitored employee participation and health outcomes to measure program effectiveness.
- Collaborated with fitness experts to offer yoga and meditation sessions on-site.

#### HEALTH EDUCATOR

##### Wellness Workshop Group

2014 - 2016

- Created educational materials focusing on alternative health strategies and lifestyle changes.
- Facilitated group discussions on holistic health topics, fostering community engagement.
- Conducted surveys to assess community health needs and program effectiveness.
- Developed partnerships with local health practitioners for educational collaborations.
- Provided ongoing support and resources to workshop participants.
- Trained new staff on effective health education techniques and programs.