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SKILLS

- nutritional therapy
- wellness coaching
- meal planning
- client education
- motivational interviewing
- dietary assessment

EDUCATION

**BACHELOR OF SCIENCE IN NUTRITION,
UNIVERSITY OF TEXAS**

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased client adherence to nutritional plans by 50% through personalized coaching.
- Recipient of the Nutrition Excellence Award from the American Nutrition Association.
- Successfully launched a community health initiative that improved dietary habits among participants.

Michael Anderson

NUTRITIONAL THERAPIST

Dynamic Alternative Therapy Practitioner with a robust portfolio in nutritional therapy and wellness coaching. Specializing in the integration of dietary interventions with holistic health practices, this practitioner is adept at guiding clients toward sustainable lifestyle changes that enhance overall health and vitality. Known for an individualized approach, employing comprehensive nutritional assessments and personalized meal planning to address specific health concerns.

EXPERIENCE

NUTRITIONAL THERAPIST

Nourish Health Center

2016 - Present

- Conducted comprehensive nutritional assessments to identify client needs.
- Developed personalized meal plans based on health goals and preferences.
- Provided ongoing support and adjustments to dietary plans as needed.
- Educated clients on the importance of nutrition in holistic health.
- Collaborated with healthcare providers to ensure cohesive care.
- Monitored client progress and reported outcomes to stakeholders.

WELLNESS COACH

Thrive Coaching Services

2014 - 2016

- Developed coaching programs focused on lifestyle and dietary changes.
- Facilitated workshops on nutrition and sustainable health practices.
- Provided individual coaching sessions to support client goals.
- Utilized motivational interviewing techniques to enhance client engagement.
- Evaluated client progress and adjusted coaching strategies accordingly.
- Created educational materials for clients on nutrition and wellness.