



MICHAEL ANDERSON

Corporate Wellness Consultant

Strategic Alternative Therapy Practitioner with a focus on corporate wellness and employee health initiatives. Leveraging extensive experience in providing alternative therapy solutions within corporate settings, this practitioner is dedicated to enhancing workplace well-being through tailored wellness programs. Expertise includes the integration of stress management techniques, ergonomic assessments, and relaxation therapies to improve employee health and productivity.

CONTACT

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- San Francisco, CA

EDUCATION

Master of Public Health

University of Michigan
2016-2020

SKILLS

- corporate wellness
- stress management
- ergonomic assessments
- workshop facilitation
- program evaluation
- employee engagement

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Corporate Wellness Consultant

2020-2023

HealthWorks Corporation

- Developed and implemented corporate wellness programs focused on stress reduction.
- Conducted ergonomic assessments to enhance workplace health.
- Facilitated workshops on alternative therapies for employee well-being.
- Monitored program effectiveness through employee feedback and health metrics.
- Collaborated with HR to align wellness initiatives with company culture.
- Provided one-on-one consultations for employees seeking alternative therapy options.

Wellness Program Coordinator

2019-2020

Corporate Health Solutions

- Designed wellness programs focused on physical and mental health.
- Implemented stress management workshops across various departments.
- Evaluated employee health outcomes and program participation rates.
- Promoted alternative therapies as part of the employee assistance program.
- Engaged with leadership to secure buy-in for wellness initiatives.
- Provided training for managers on supporting employee wellness.

ACHIEVEMENTS

- Increased employee participation in wellness programs by 60% within one year.
- Recognized as the Best Corporate Wellness Consultant by the National Wellness Institute.
- Successfully reduced workplace stress levels by 40% through targeted interventions.