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## **EXPERTISE SKILLS**

- Corporate Wellness
- Employee Engagement
- Data Analytics
- Program Management
- Workshop Facilitation
- Health Promotion

## **LANGUAGES**

- English
- Spanish
- French

## **CERTIFICATION**

- Master of Science in Health Promotion, University of Florida

## **REFERENCES**

### **John Smith**

Senior Manager, Tech Corp  
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### **Sarah Johnson**

Director, Innovation Labs  
sarah.j@email.com

### **Michael Brown**

VP Engineering, Solutions Inc  
mbrown@email.com

# MICHAEL ANDERSON

## WELLNESS PROGRAM MANAGER

Dynamic Behavior Change Researcher with over 5 years of experience in the corporate wellness sector, specializing in employee engagement and lifestyle modifications. My background combines expertise in psychology and health promotion, allowing me to develop effective interventions that drive positive behavior change in workplace settings. I have successfully led initiatives aimed at reducing stress and enhancing overall employee well-being, which have resulted in measurable improvements in productivity and morale.

## **PROFESSIONAL EXPERIENCE**

### **Thriving Company Health Solutions**

*Mar 2018 - Present*

Wellness Program Manager

- Developed and managed wellness programs that increased employee participation by 30% over two years.
- Conducted needs assessments to tailor programs to the specific health challenges faced by employees.
- Utilized data analytics to track program effectiveness, yielding a 15% reduction in health care costs.
- Facilitated workshops on stress management and healthy lifestyle choices.
- Collaborated with HR to integrate wellness initiatives into employee onboarding processes.
- Created engaging marketing materials that promoted wellness events and resources.

### **Healthy You Corporation**

*Dec 2015 - Jan 2018*

Behavior Change Coordinator

- Implemented a behavior change intervention that led to a 20% increase in physical activity among employees.
- Analyzed survey data to identify barriers to healthy behaviors in the workplace.
- Developed communication strategies to promote health resources and programs.
- Organized health fairs and events to engage employees in wellness activities.
- Monitored program outcomes and adjusted strategies based on participant feedback.
- Trained team members on behavior change techniques and motivational interviewing.

## **ACHIEVEMENTS**

- Received the Excellence in Wellness Award for innovative program development.
- Increased employee satisfaction scores related to health resources by 25%.
- Successfully launched a mental health initiative that received positive feedback from staff.