



# MICHAEL ANDERSON

## Wellness Coaching Program Manager

Proactive Coaching Program Manager with a distinguished background in healthcare and wellness coaching. Specializes in developing holistic coaching programs that promote health and well-being among individuals and organizations. Expertise in utilizing evidence-based practices to inform coaching strategies that drive positive health outcomes. Proven ability to engage diverse populations in wellness initiatives and foster sustainable lifestyle changes through effective coaching methods.

### CONTACT

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- San Francisco, CA

### EDUCATION

#### Master of Science in Health Promotion

University of Michigan  
2016-2020

### SKILLS

- wellness coaching
- health promotion
- lifestyle change
- evidence-based practices
- client engagement
- program evaluation

### LANGUAGES

- English
- Spanish
- French

### WORK EXPERIENCE

#### Wellness Coaching Program Manager

2020-2023

Health and Wellness Corporation

- Designed wellness coaching programs that increased employee health engagement by 45%.
- Facilitated workshops on nutrition, fitness, and mental health for employees.
- Collaborated with medical professionals to create comprehensive health assessments.
- Monitored program outcomes and adjusted strategies based on participant feedback.
- Implemented a digital platform for remote coaching sessions, enhancing accessibility.
- Coordinated health fairs and wellness challenges to promote healthy living.

#### Health Coach

2019-2020

Personal Wellness Solutions

- Provided one-on-one coaching to clients on health and wellness goals.
- Developed personalized wellness plans based on individual assessments.
- Conducted group workshops to educate clients on healthy lifestyle choices.
- Monitored client progress and adapted coaching strategies as needed.
- Utilized motivational interviewing techniques to enhance client engagement.
- Established a referral network with healthcare providers for integrated care.

### ACHIEVEMENTS

- Achieved a 60% increase in client satisfaction scores for wellness programs.
- Recognized as 'Coach of the Year' for outstanding contributions to health coaching.
- Successfully led a wellness initiative that improved employee productivity by 25%.