

MICHAEL ANDERSON

Nutritional Therapist

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I am an innovative Complementary Medicine Practitioner with a strong background in nutrition and holistic health, possessing over 9 years of experience in guiding clients towards healthier lifestyles. My expertise lies in nutritional therapy, dietary planning, and lifestyle coaching. I hold a degree in Nutrition and have completed various certifications in holistic health practices.

WORK EXPERIENCE

Nutritional Therapist | Whole Health Nutrition Center

Jan 2022 – Present

- Developed personalized nutritional plans for over 250 clients, focusing on individual health goals.
- Conducted workshops on nutrition and wellness to educate the community on healthy eating.
- Collaborated with healthcare providers to enhance patient care through nutritional support.
- Monitored client progress and adjusted plans to ensure successful outcomes.
- Maintained detailed records of client consultations and progress.
- Engaged in continuous education to stay updated on nutritional science.

Holistic Health Coach | Healthy Living Institute

Jul 2019 – Dec 2021

- Designed coaching programs integrating nutrition and lifestyle changes for optimal health.
- Led group sessions focusing on weight management and healthy eating habits.
- Created educational materials to promote understanding of holistic nutrition.
- Utilized feedback from clients to refine coaching strategies and improve satisfaction.
- Engaged in community outreach to promote the benefits of holistic health.
- Tracked and analyzed client outcomes to evaluate program effectiveness.

SKILLS

Nutritional Therapy

Dietary Planning

Lifestyle Coaching

Community Outreach

Client Education

Holistic Health

EDUCATION

Bachelor of Nutrition

2015 – 2019

University of Florida

ACHIEVEMENTS

- Increased client retention rates by 35% through personalized coaching approaches.
- Recognized for excellence in community service promoting holistic nutrition awareness.
- Published articles in health magazines on the importance of nutrition in holistic health.

LANGUAGES

English

Spanish

French