



# Michael ANDERSON

## WELLNESS COORDINATOR

Dedicated Complementary Medicine Specialist with a strong emphasis on preventive health and wellness. Extensive experience in utilizing various modalities, including Reiki and yoga therapy, to support patients in achieving optimal health. Known for a compassionate approach that prioritizes individual patient needs and fosters a supportive healing environment. Skillful in developing tailored wellness plans that incorporate physical, emotional, and spiritual aspects of health.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- preventive health
- Reiki
- yoga therapy
- wellness programs
- patient education
- holistic practices

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF ARTS IN HOLISTIC  
HEALTH, SAYBROOK UNIVERSITY**

### ACHIEVEMENTS

- Enhanced patient participation in wellness programs by 50% through targeted outreach.
- Received recognition for exceptional service from the local health board.
- Published a guide on the benefits of yoga therapy in holistic health journals.

### WORK EXPERIENCE

#### WELLNESS COORDINATOR

Harmony Healing Center

2020 - 2025

- Developed and facilitated wellness programs focused on holistic health practices.
- Conducted individual assessments to tailor health plans for patients.
- Provided Reiki sessions to promote relaxation and stress relief.
- Organized community workshops on yoga therapy and mindfulness.
- Collaborated with healthcare providers to ensure comprehensive patient care.
- Maintained thorough documentation of patient interactions and treatment outcomes.

#### COMPLEMENTARY MEDICINE PRACTITIONER

Wellbeing Clinic

2015 - 2020

- Implemented yoga therapy sessions aimed at improving physical and mental health.
- Educated patients on the advantages of incorporating complementary therapies.
- Conducted follow-up appointments to monitor patient progress.
- Engaged in health fairs to raise awareness about holistic health.
- Utilized patient feedback to enhance service delivery.
- Participated in training programs for staff on holistic practices.