



MICHAEL ANDERSON

CORPORATE WELLNESS SPECIALIST

CONTACT

-  (555) 234-5678
-  michael.anderson@email.com
-  San Francisco, CA

SKILLS

- Behavioral Nutrition
- Employee Engagement
- Program Evaluation
- Workshop Facilitation
- Content Creation
- Data Interpretation

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF SCIENCE IN DIETETICS,
UNIVERSITY OF FLORIDA**

ACHIEVEMENTS

- Increased employee engagement in wellness programs by 50% through innovative strategies.
- Recognized as 'Consultant of the Year' by the Health and Wellness Association in 2021.
- Developed a mobile app that provided nutrition tips and tracked dietary habits.

PROFILE

Innovative Corporate Nutrition Consultant with a strong foundation in behavioral science and its application to nutrition and wellness within corporate environments. Over 8 years of experience in crafting personalized nutrition strategies that align with corporate goals, focusing on enhancing employee health and performance. Demonstrated ability to conduct detailed nutritional assessments and implement evidence-based recommendations that resonate with diverse employee demographics.

EXPERIENCE

CORPORATE WELLNESS SPECIALIST

NutriWell Consulting

2016 - Present

- Developed and executed tailored nutrition programs for Fortune 500 companies.
- Conducted workshops on healthy eating and lifestyle changes.
- Utilized behavioral science principles to motivate employees towards healthier choices.
- Analyzed nutritional data to identify trends and inform program adjustments.
- Created engaging marketing materials for wellness initiatives.
- Collaborated with fitness experts to integrate physical activity into nutrition plans.

NUTRITION CONSULTANT

Corporate Health Associates

2014 - 2016

- Assessed client nutritional needs through surveys and one-on-one consultations.
- Designed workshops focusing on work-life balance and nutrition.
- Developed online resources for employees to access nutritional information.
- Facilitated team-building activities centered around healthy cooking.
- Tracked program metrics and reported outcomes to stakeholders.
- Managed social media campaigns to increase program visibility.