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SKILLS

- Nutrition Education
- Employee Wellness
- Program Development
- Health Screening
- Consultation
- Collaboration

EDUCATION

MASTER OF PUBLIC HEALTH, HARVARD UNIVERSITY

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased employee participation in wellness programs by 55% through targeted initiatives.
- Recognized for excellence in service delivery by the Corporate Wellness Council in 2019.
- Authored a guide on nutrition best practices adopted by multiple organizations.

Michael Anderson

CORPORATE NUTRITION ADVISOR

Accomplished Corporate Nutrition Consultant specializing in nutrition education and employee wellness with over 9 years of experience in the corporate sector. Expertise in designing and delivering impactful nutrition programs that enhance employee engagement and overall health. Proven track record in collaborating with healthcare professionals to create comprehensive wellness strategies. Exceptional skills in conducting workshops and providing one-on-one consultations tailored to individual dietary needs.

EXPERIENCE

CORPORATE NUTRITION ADVISOR

Wellness First

2016 - Present

- Advised corporate clients on nutrition policies and best practices.
- Developed and executed health workshops focusing on nutrition education.
- Conducted health screenings and assessments for employees.
- Designed personalized nutrition plans based on individual assessments.
- Collaborated with HR to integrate wellness initiatives into employee programs.
- Reported on program outcomes to senior management.

NUTRITION SPECIALIST

FitLife Consulting

2014 - 2016

- Provided nutrition counseling and support to employees.
- Conducted group workshops on healthy eating and lifestyle choices.
- Developed educational materials for employee distribution.
- Tracked employee engagement in wellness programs.
- Collaborated with fitness trainers to create holistic health plans.
- Presented health metrics to management to showcase program success.