

MICHAEL ANDERSON

Wellness Program Supervisor

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Innovative Corporate Wellness Manager with a strong commitment to enhancing employee well-being through strategic health initiatives. Demonstrated ability to lead wellness programs that foster a culture of health within organizations. Expertise in collaborating with stakeholders to design and implement effective health strategies that align with company goals. Proficient in utilizing technology to monitor and evaluate program effectiveness.

WORK EXPERIENCE

Wellness Program Supervisor | Total Wellness Solutions

Jan 2022 – Present

- Supervised the implementation of a company-wide wellness initiative that improved employee engagement by 30%.
- Developed partnerships with local health organizations to deliver on-site wellness programs.
- Coordinated wellness challenges that encouraged team participation.
- Analyzed feedback from wellness activities to enhance future initiatives.
- Facilitated training for managers on wellness program benefits.
- Monitored participation rates and adjusted programs to meet employee needs.

Health Coach | Wellness Integration Group

Jul 2019 – Dec 2021

- Provided personalized wellness coaching to employees, enhancing individual health outcomes.
- Organized group fitness classes that improved employee morale and teamwork.
- Developed resources for employees to access on health and wellness topics.
- Monitored health progress of participants, providing feedback and support.
- Collaborated with HR to assess the impact of wellness programs on employee retention.
- Conducted workshops on stress management and healthy living.

SKILLS

wellness program management

health coaching

partnership building

data analysis

employee training

communication

EDUCATION

Master of Science in Nutrition

2015 – 2019

University of Illinois

ACHIEVEMENTS

- Achieved a 40% increase in employee participation in wellness programs within one year.
- Received recognition for outstanding leadership in wellness initiatives.
- Contributed to a 10% reduction in healthcare costs through effective wellness strategies.

LANGUAGES

English

Spanish

French