



# MICHAEL ANDERSON

Director of Corporate Wellness

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## SUMMARY

Strategic and results-oriented Director of Fitness and Wellness with over 15 years of progressive leadership experience in health and wellness program development. Demonstrates a profound commitment to enhancing organizational health through innovative fitness initiatives and comprehensive wellness programs. Proven track record in driving engagement and fostering community health partnerships. Adept at implementing evidence-based practices and cultivating a culture of health within organizations.

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## WORK EXPERIENCE

### Director of Corporate Wellness **Wellness Solutions Inc.**

*Jan 2023 - Present*

- Led the design and implementation of corporate wellness programs impacting over 5,000 employees.
- Developed and executed strategic health initiatives that resulted in a 30% increase in employee participation.
- Facilitated workshops and seminars focusing on nutrition, physical activity, and mental well-being.
- Managed a \$1.5 million wellness budget, ensuring cost-effective program delivery.
- Collaborated with healthcare providers to enhance employee health outcomes.
- Utilized data analytics to assess program effectiveness and inform future strategies.

### Wellness Coordinator **Healthy Living Corp.**

*Jan 2020 - Dec 2022*

- Implemented fitness assessments and personalized wellness plans for diverse populations.
  - Monitored program outcomes and adjusted strategies to improve participant health metrics.
  - Trained and supervised a team of wellness coaches to deliver high-quality services.
  - Conducted health screenings and provided educational resources to the community.
  - Organized community health fairs, increasing local engagement by 40%.
  - Developed partnerships with local businesses to promote health initiatives.
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## EDUCATION

### Master of Public Health (MPH), University of Health Sciences; Bachelor of Science in Kinesiology, State University

*Sep 2019 - Oct 2020*

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## ADDITIONAL INFORMATION

- **Technical Skills:** Program Development, Budget Management, Data Analysis, Stakeholder Engagement, Team Leadership, Community Outreach
- **Awards/Activities:** Increased employee health engagement by 50% within three years at Wellness Solutions Inc.
- **Awards/Activities:** Awarded 'Best Corporate Wellness Program' by National Wellness Institute in 2022.
- **Awards/Activities:** Successfully reduced healthcare costs by 20% through targeted wellness initiatives.
- **Languages:** English, Spanish, French