



# Michael ANDERSON

## CORPORATE WELLNESS COACH

Innovative fitness coach with a specialized focus on corporate wellness programs. Expertise in designing and implementing fitness initiatives that promote employee health and productivity in corporate environments. Proven ability to assess organizational needs and create customized wellness strategies that align with business objectives. Skilled in fostering a culture of health within organizations through engaging workshops and fitness challenges.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- corporate wellness
- health assessments
- employee engagement
- program development
- stress management
- communication

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF BUSINESS  
ADMINISTRATION IN HEALTH  
MANAGEMENT, BUSINESS UNIVERSITY**

### ACHIEVEMENTS

- Increased employee participation in wellness programs by 60% in one year.
- Recognized for Excellence in Corporate Wellness by the National Wellness Association.
- Successfully reduced employee absenteeism by 25% through wellness initiatives.

### WORK EXPERIENCE

#### CORPORATE WELLNESS COACH

WellnessWorks Inc.

2020 - 2025

- Developed and implemented corporate fitness programs for over 500 employees.
- Conducted health assessments to tailor wellness initiatives to organizational needs.
- Facilitated workshops on stress management and work-life balance.
- Organized fitness challenges to encourage employee participation and engagement.
- Analyzed wellness program effectiveness through employee feedback and performance metrics.
- Collaborated with HR departments to integrate wellness into company culture.

#### FITNESS CONSULTANT

Active Life Solutions

2015 - 2020

- Conducted fitness seminars for corporate clients to enhance employee well-being.
- Developed marketing materials promoting corporate wellness programs.
- Utilized surveys to assess employee health interests and needs.
- Created engaging content for social media to promote fitness initiatives.
- Provided one-on-one coaching for employees seeking personalized fitness guidance.
- Achieved a 90% satisfaction rate among corporate clients through tailored programs.