



MICHAEL ANDERSON

CORPORATE WELLNESS NUTRITIONIST

CONTACT

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-  San Francisco, CA

SKILLS

- Holistic Nutrition
- Employee Wellness
- Health Coaching
- Program Evaluation
- Stakeholder Engagement
- Communication Skills

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF SCIENCE IN DIETETICS,
UNIVERSITY OF FLORIDA, 2015**

ACHIEVEMENTS

- Boosted employee satisfaction scores related to wellness programs by 35%.
- Awarded 'Excellence in Wellness Programming' by the Corporate Health Association.
- Successfully led a nutrition initiative that resulted in a 20% decrease in sick days taken by employees.

PROFILE

Highly skilled Employee Wellness Nutritionist with a robust background in corporate wellness and nutrition education. Specializing in the development of holistic nutrition strategies that address both individual and organizational health needs. Demonstrated success in engaging diverse employee populations through innovative program design and effective communication. Extensive experience in conducting health assessments, analyzing dietary habits, and delivering personalized nutrition coaching.

EXPERIENCE

CORPORATE WELLNESS NUTRITIONIST

Healthy Horizons Corp.

2016 - Present

- Implemented comprehensive wellness initiatives focused on nutrition for 1,000+ employees.
- Conducted individual nutrition consultations, resulting in a 25% improvement in employee health metrics.
- Created engaging educational materials for employee wellness campaigns.
- Analyzed participation data to refine and enhance program offerings.
- Collaborated with fitness instructors to integrate nutrition into fitness programs.
- Organized quarterly health screenings and nutrition workshops.

NUTRITION SPECIALIST

Wellness Works LLC

2014 - 2016

- Designed and delivered nutrition education programs for various corporate clients.
- Conducted group workshops and webinars focused on dietary changes.
- Developed nutrition guidelines that improved workplace health outcomes.
- Facilitated health challenges that increased employee engagement by 50%.
- Collaborated with management to establish wellness budgets and resource allocations.
- Evaluated program effectiveness through employee surveys and health data analysis.