



# MICHAEL ANDERSON

## WELLNESS PROGRAM DIRECTOR

### CONTACT

-  (555) 234-5678
-  michael.anderson@email.com
-  San Francisco, CA

### SKILLS

- program development
- analytics
- leadership
- behavioral health
- budget management
- stakeholder collaboration

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**BACHELOR OF SCIENCE IN HEALTH PROMOTION, UNIVERSITY OF FLORIDA**

### ACHIEVEMENTS

- Achieved a 30% reduction in employee absenteeism through targeted wellness initiatives.
- Recognized as a top workplace for employee wellness by local chamber of commerce.
- Implemented a mental health first aid training program for employees.

### PROFILE

Accomplished Employee Wellness Program Manager with extensive experience in developing and managing holistic wellness programs that enhance employee well-being and organizational performance. Expertise in leveraging analytics to measure program impact and drive strategic decision-making. Proven track record of collaborating with multidisciplinary teams to foster a supportive workplace culture. Strong background in behavioral health, nutrition, and physical fitness.

### EXPERIENCE

#### WELLNESS PROGRAM DIRECTOR

##### Wellness Innovations Group

*2016 - Present*

- Led the development of a company-wide wellness strategy aligned with business objectives.
- Oversaw budget management for wellness initiatives, ensuring cost-effectiveness.
- Monitored KPIs to assess the impact of wellness programs on employee health.
- Conducted training for managers on promoting wellness within teams.
- Developed partnerships with local health providers to enhance service offerings.
- Utilized employee feedback to refine and improve wellness initiatives.

#### HEALTH AND WELLNESS CONSULTANT

##### Corporate Wellness Solutions

*2014 - 2016*

- Provided expert advice on wellness program design to various organizations.
- Conducted assessments of existing wellness initiatives and recommended improvements.
- Facilitated workshops on employee mental health and resilience.
- Created comprehensive wellness resource guides for employees.
- Engaged with senior leadership to promote wellness as a strategic priority.
- Evaluated program outcomes and presented findings to stakeholders.