

MICHAEL ANDERSON

Wellness Program Specialist

- San Francisco, CA
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Passionate Employee Wellness Program Manager with a focus on promoting employee health through innovative and engaging wellness initiatives. Experienced in analyzing employee health data to inform program design and implementation. Skilled in creating a positive work environment that encourages healthy behaviors and active participation in wellness activities. Proven track record of collaborating with internal and external partners to enhance wellness offerings.

WORK EXPERIENCE

Wellness Program Specialist | Thrive Health Systems

Jan 2022 – Present

- Developed engaging wellness programs that increased participation by 35%.
- Analyzed employee health data to tailor programs to specific needs.
- Organized team-building activities focused on health and wellness.
- Collaborated with fitness professionals to offer diverse wellness resources.
- Promoted mental health awareness through targeted communication campaigns.
- Evaluated program effectiveness and made recommendations for improvement.

Health and Wellness Advocate | Empower Wellness Group

Jul 2019 – Dec 2021

- Implemented innovative wellness initiatives that improved employee morale.
- Facilitated workshops on nutrition and healthy lifestyle choices.
- Conducted surveys to assess employee wellness needs and preferences.
- Developed partnerships with local health organizations to enhance program offerings.
- Tracked and reported on key wellness metrics to management.
- Created marketing materials to promote wellness initiatives effectively.

SKILLS

program development health data analysis employee engagement partnership building wellness advocacy
communication

EDUCATION

Bachelor of Arts in Health Education

2015 – 2019

University of North Carolina

ACHIEVEMENTS

- Achieved a 30% increase in employee participation in wellness programs.
- Recognized for innovative wellness initiatives by the Employee Wellness Association.
- Successfully launched a workplace fitness challenge that attracted significant engagement.

LANGUAGES

English Spanish French