



MICHAEL ANDERSON

Senior Wellness Program Manager

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SUMMARY

Visionary leader in the fitness and wellness sector, possessing over a decade of experience in transforming organizational strategies to enhance employee health and productivity. Expertise in developing comprehensive wellness programs that align with corporate objectives, fostering a culture of health and engagement. Proven track record in leveraging data analytics to optimize wellness initiatives and drive participation rates.

WORK EXPERIENCE

Senior Wellness Program Manager Global Health Corp

Jan 2023 - Present

- Designed and implemented an enterprise-wide wellness strategy that increased employee participation by 35%.
- Utilized health analytics to assess employee needs and tailor programs accordingly.
- Collaborated with HR to integrate wellness initiatives into the overall employee benefits program.
- Facilitated workshops and seminars on nutrition and fitness, enhancing employee knowledge.
- Monitored program effectiveness through KPIs, achieving a 20% reduction in healthcare costs.
- Led a team of wellness coaches, providing training and development to enhance service delivery.

Wellness Consultant FitLife Solutions

Jan 2020 - Dec 2022

- Conducted comprehensive wellness assessments for corporate clients, identifying areas for improvement.
 - Developed customized fitness programs that resulted in a 40% increase in employee engagement.
 - Implemented digital wellness platforms to facilitate remote participation during the pandemic.
 - Provided ongoing support and coaching to employees, fostering a culture of accountability.
 - Evaluated program outcomes, presenting findings to executive leadership for strategic planning.
 - Established partnerships with local fitness centers to expand service offerings.
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EDUCATION

Master of Public Health, University of California, Berkeley

Sep 2019 - Oct 2020

ADDITIONAL INFORMATION

- **Technical Skills:** strategic planning, data analysis, program development, stakeholder engagement, team leadership, project management
- **Awards/Activities:** Awarded 'Innovator of the Year' by the National Wellness Institute in 2021.
- **Awards/Activities:** Increased employee retention rates by 15% through enhanced wellness initiatives.
- **Awards/Activities:** Recognized for implementing a mental health awareness program that improved workplace morale.
- **Languages:** English, Spanish, French