



MICHAEL ANDERSON

Wellness Program Manager

Strategic Fitness and Wellness Officer with a proven record in developing impactful health initiatives tailored to meet the unique needs of diverse employee populations. Expertise in formulating wellness strategies that not only enhance physical health but also foster mental resilience and overall well-being. Skilled in leveraging data to inform decision-making and optimize program effectiveness.

WORK EXPERIENCE

Wellness Program Manager

2020-2023

Wellness Works Inc.

- Led the development of a wellness program that resulted in a 50% increase in employee participation.
- Implemented a mental health awareness initiative that reached over 1,000 employees.
- Collaborated with healthcare providers to offer onsite health screenings.
- Conducted regular evaluations of wellness programs to ensure effectiveness.
- Developed communication strategies to promote wellness initiatives.
- Trained managers to support employee wellness in their teams.

Fitness Program Director

2019-2020

Healthy Horizons Corp.

- Designed and implemented fitness programs that improved employee health metrics by 30%.
- Provided leadership for a team of wellness coordinators and fitness instructors.
- Organized community outreach programs to promote health education.
- Utilized participant feedback to enhance program offerings.
- Analyzed health data to identify trends and inform program development.
- Presented wellness program outcomes to executive leadership for strategic planning.

ACHIEVEMENTS

- Awarded 'Outstanding Wellness Program' by the Corporate Health Alliance in 2021.
- Increased employee satisfaction with health programs by 40% over two years.
- Secured a \$100,000 grant for wellness initiatives focused on mental health support.

CONTACT

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EDUCATION

Bachelor of Science in Health Promotion

University of Health and Wellness
2016-2020

SKILLS

- Health Initiatives
- Program Evaluation
- Cross-Functional Collaboration
- Employee Advocacy
- Data-Driven Decision Making
- Communication Skills

LANGUAGES

- English
- Spanish
- French