



Michael ANDERSON

HOLISTIC WELLNESS COACH

Strategic and experienced Fitness and Wellness Trainer with a focus on holistic health and lifestyle coaching. A comprehensive understanding of the interconnection between physical fitness, nutrition, and mental well-being. Proven ability to develop and implement integrative wellness programs that address the multifaceted aspects of health. Expertise in guiding clients through behavior change processes that enhance their overall quality of life.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Holistic health
- Lifestyle coaching
- Behavior change
- Program development
- Community engagement
- Nutritional guidance

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF ARTS IN NUTRITION AND WELLNESS, UNIVERSITY OF HOLISTIC HEALTH

ACHIEVEMENTS

- Increased participant engagement in wellness programs by 60% within six months.
- Achieved a 95% satisfaction rate from clients through personalized coaching.
- Recipient of the 'Wellness Innovator Award' in 2023 for outstanding program development.

WORK EXPERIENCE

HOLISTIC WELLNESS COACH

Life Balance Wellness Center

2020 - 2025

- Developed holistic wellness plans incorporating fitness, nutrition, and mindfulness.
- Conducted individual and group coaching sessions to promote behavior change.
- Utilized assessment tools to measure client progress and program effectiveness.
- Facilitated workshops on stress reduction and healthy cooking.
- Collaborated with nutritionists to provide comprehensive client support.
- Engaged clients through social media to promote wellness challenges.

FITNESS INSTRUCTOR

Healthy Steps Gym

2015 - 2020

- Designed and led fitness classes that fostered community engagement.
- Monitored client progress and adjusted programs to meet individual needs.
- Provided nutritional guidance to enhance fitness outcomes.
- Maintained a positive and motivating environment for all participants.
- Organized fitness challenges to encourage client participation.
- Utilized client feedback to continuously improve class offerings.