



MICHAEL ANDERSON

CORPORATE WELLNESS CONSULTANT

CONTACT

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-  San Francisco, CA

SKILLS

- Wellness Program Development
- Employee Engagement
- Health Assessments
- Strategic Planning
- Workshop Facilitation
- Performance Metrics

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER OF SCIENCE IN EXERCISE SCIENCE, UNIVERSITY OF WELLNESS STUDIES

ACHIEVEMENTS

- Recognized as 'Wellness Champion' by the Corporate Health Alliance.
- Increased employee satisfaction scores related to health initiatives by 35%.
- Successfully launched a company-wide fitness challenge with over 500 participants.

PROFILE

Highly skilled and innovative Fitness Coaching Consultant with extensive experience in corporate wellness programs and fitness strategy development. A strategic thinker, proficient in creating holistic wellness initiatives that align with organizational goals. Demonstrated expertise in conducting workshops and training sessions that promote physical health and mental resilience in the workplace. Strong ability to analyze trends in employee wellness and fitness engagement, translating insights into actionable strategies.

EXPERIENCE

CORPORATE WELLNESS CONSULTANT

Wellness Innovations Inc.

2016 - Present

- Developed comprehensive wellness programs for over 15 corporate clients.
- Conducted health assessments and fitness workshops for employee engagement.
- Implemented a digital wellness platform to track employee participation and outcomes.
- Collaborated with HR departments to align wellness initiatives with company culture.
- Facilitated team-building fitness challenges, boosting employee morale and teamwork.
- Achieved a 25% increase in employee participation in wellness programs year-on-year.

FITNESS COACH

Fit for Life Studio

2014 - 2016

- Designed and conducted group fitness classes focusing on diverse populations.
- Utilized feedback to continuously improve class offerings and client satisfaction.
- Trained clients on the use of fitness equipment and safe exercise practices.
- Organized community fitness events, increasing brand visibility and engagement.
- Maintained detailed records of client progress and program effectiveness.
- Contributed to a 50% growth in client base over two years through strategic marketing.