



Michael ANDERSON

CORPORATE WELLNESS COORDINATOR

CONTACT

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SKILLS

- Corporate wellness
- Program design
- Employee engagement
- Health promotion
- Workshop facilitation
- Stress management

LANGUAGES

- English
- Spanish
- French

EDUCATION

**MASTER OF PUBLIC HEALTH,
UNIVERSITY OF HEALTH PROMOTION,
2014**

ACHIEVEMENTS

- Increased employee participation in wellness programs by 50% within the first year.
- Awarded 'Best Corporate Wellness Program' by the National Wellness Association in 2021.
- Successfully launched a virtual wellness initiative during the pandemic, reaching over 1,000 employees.

WORK EXPERIENCE

CORPORATE WELLNESS COORDINATOR

Healthy Workplace Solutions

2020 - 2025

- Designed and executed corporate fitness programs for over 500 employees in various organizations.
- Conducted needs assessments to tailor programs that align with employee goals.
- Facilitated workshops on stress management and healthy living.
- Monitored program effectiveness through participant feedback and health metrics.
- Collaborated with HR departments to integrate wellness programs into company culture.
- Organized fitness challenges that increased employee engagement by 35%.

GROUP FITNESS INSTRUCTOR

Fit For Life Gym

2015 - 2020

- Led group classes focusing on stress relief and work-life balance.
- Implemented a wellness newsletter to keep participants informed and motivated.
- Utilized fitness assessments to track employee progress and program success.
- Engaged employees through motivational speaking and personalized coaching.
- Promoted a culture of health through team-building fitness activities.
- Developed partnerships with local health organizations to enhance program offerings.