



MICHAEL ANDERSON

CORPORATE WELLNESS COACH

PROFILE

Accomplished Health and Wellness Coach specializing in corporate wellness and employee engagement strategies. Possesses over 8 years of experience in designing and executing wellness programs that align with organizational goals while promoting a culture of health. Expertise includes physical fitness, stress management, and nutrition education. Recognized for the ability to develop strong relationships with clients and stakeholders, facilitating a supportive environment for health improvement.

EXPERIENCE

CORPORATE WELLNESS COACH

HealthFirst Solutions

2016 - Present

- Developed and managed wellness initiatives that increased employee participation in health programs by 35%.
- Conducted comprehensive health screenings and assessments to identify risk factors.
- Facilitated weekly fitness classes, enhancing overall employee morale and productivity.
- Implemented stress management workshops that resulted in a 40% reduction in employee stress levels.
- Collaborated with executives to align wellness strategies with business objectives.
- Monitored program outcomes using health metrics to refine and improve offerings.

HEALTH COACH

Wellness Works

2014 - 2016

- Provided one-on-one health coaching to clients, focusing on sustainable lifestyle changes.
- Developed personalized nutrition plans that catered to individual dietary needs.
- Organized community health events that raised awareness about wellness resources.
- Utilized technology platforms for client tracking and engagement, improving accountability.
- Conducted workshops on mental health awareness, benefiting over 200 participants.
- Achieved a client satisfaction rating of 92% through tailored coaching approaches.

CONTACT

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SKILLS

- corporate wellness
- health assessment
- fitness programming
- client relationship management
- nutrition counseling
- stress reduction

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN
KINESIOLOGY, STATE UNIVERSITY

ACHIEVEMENTS

- Increased overall employee health scores by 15% within the first year of program implementation.
- Awarded 'Best Wellness Program' by the Corporate Wellness Association in 2022.
- Successfully reduced healthcare costs for clients by an average of 10% annually.