



Michael ANDERSON

BEHAVIORAL HEALTH COACH

Strategic and innovative Health and Wellness Coach with a strong background in behavioral health and lifestyle medicine. Over 9 years of experience in guiding clients through behavioral change processes, focusing on sustainable health improvements. Expertise in motivational interviewing and cognitive-behavioral strategies to enhance client adherence to health plans. Skilled in conducting workshops and seminars aimed at educating individuals on the importance of mental health and lifestyle choices.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- behavioral health
- lifestyle medicine
- motivational interviewing
- community engagement
- health education
- program development

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER OF SCIENCE IN PUBLIC HEALTH, UNIVERSITY OF HEALTH SCIENCES

ACHIEVEMENTS

- Led a health initiative that resulted in a 30% increase in community health screenings.
- Recipient of the 'Excellence in Health Education' award in 2020.
- Successfully developed a behavioral health program recognized for its innovative approach.

WORK EXPERIENCE

BEHAVIORAL HEALTH COACH

Mindful Wellness Center

2020 - 2025

- Utilized cognitive-behavioral techniques to support clients in overcoming health challenges.
- Conducted assessments to identify behavioral patterns affecting health and well-being.
- Facilitated group therapy sessions focusing on lifestyle changes and mental wellness.
- Developed educational materials that addressed common health misconceptions.
- Collaborated with mental health professionals to create comprehensive care plans.
- Achieved a 70% success rate in clients meeting their health goals.

HEALTH EDUCATOR

Community Health Initiative

2015 - 2020

- Designed and delivered health education programs targeting at-risk populations.
- Conducted workshops on nutrition and physical activity, reaching over 300 individuals.
- Utilized data collection methods to assess program impact and areas for improvement.
- Engaged community stakeholders to promote health initiatives and resources.
- Implemented smoking cessation programs that resulted in a 20% reduction in smoking rates.
- Recognized for excellence in community engagement and program development.