



MICHAEL ANDERSON

WELLNESS PROGRAM MANAGER

CONTACT

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-  San Francisco, CA

SKILLS

- Workplace Wellness
- Health Coaching
- Program Evaluation
- Data Analysis
- Employee Engagement
- Communication

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN HEALTH PROMOTION, STATE UNIVERSITY

ACHIEVEMENTS

- Recognized as 'Wellness Champion' by the National Wellness Institute in 2020.
- Increased employee wellness program participation by 30% within the first year.
- Developed a successful mental health awareness campaign that reached over 1,000 employees.

PROFILE

Results-oriented Health Promotion Specialist with a focus on workplace wellness programs. With 5 years of experience in corporate health initiatives, I have successfully developed and managed programs that enhance employee well-being and productivity. My expertise includes conducting wellness assessments, designing effective health interventions, and fostering a culture of health within organizations.

EXPERIENCE

WELLNESS PROGRAM MANAGER

Healthy Workplace Inc.

2016 - Present

- Designed and implemented a comprehensive wellness program that resulted in a 20% reduction in healthcare costs.
- Conducted employee health risk assessments and provided personalized feedback.
- Launched a fitness challenge that increased employee participation in physical activities by 40%.
- Developed partnerships with local gyms to offer discounted memberships to employees.
- Organized health education seminars featuring industry experts.
- Analyzed program data to assess engagement and outcomes, adjusting strategies as needed.

HEALTH COACH

Corporate Wellness Solutions

2014 - 2016

- Provided one-on-one health coaching sessions to over 100 employees, promoting lifestyle changes.
- Created and distributed a monthly wellness newsletter highlighting health tips and resources.
- Facilitated group workshops on stress management and nutrition.
- Collaborated with HR to integrate wellness initiatives into employee onboarding.
- Tracked participant progress and reported on health improvements to management.
- Conducted surveys to gather feedback and improve program offerings.