



Michael ANDERSON

HOLISTIC NUTRITION COACH

Dynamic Holistic Nutrition Consultant with a passion for transforming lives through nutritional education and personalized wellness strategies. Extensive experience in guiding clients towards healthier lifestyles by addressing both dietary habits and psychological factors affecting food choices. Adept at formulating and implementing holistic nutrition plans that promote long-term well-being and vitality. A strong advocate for the importance of sustainable food practices, emphasizing the connection between nutrition and environmental health.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Nutritional education
- Behavior change
- Sustainable practices
- Community engagement
- Assessment tools
- Coaching

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER OF SCIENCE IN HOLISTIC NUTRITION, BASTYR UNIVERSITY

ACHIEVEMENTS

- Increased workshop attendance by 50% through effective marketing strategies.
- Published a research paper on the impact of nutrition on mental health.
- Recognized as 'Best New Nutrition Consultant' by the Local Health Network.

WORK EXPERIENCE

HOLISTIC NUTRITION COACH

Thrive Wellness

2020 - 2025

- Developed and executed holistic nutrition plans for diverse client groups.
- Conducted one-on-one coaching sessions focused on dietary behavior change.
- Created educational resources to support client understanding of nutrition.
- Collaborated with local farms to promote sustainable food sourcing.
- Utilized assessment tools to monitor client progress and adapt plans.
- Organized community events to raise awareness about nutrition.

NUTRITIONAL EDUCATOR

Healthy Living Institute

2015 - 2020

- Delivered educational presentations on nutrition and wellness.
- Developed curriculum for community nutrition workshops.
- Engaged with clients to identify barriers to healthy eating.
- Utilized client feedback to refine educational materials.
- Conducted group sessions to foster peer support and accountability.
- Analyzed dietary data to inform program development.