



MICHAEL ANDERSON

Community Wellness Coordinator

Innovative Holistic Wellness Coach with a commitment to community health and preventive strategies. Focused on empowering clients through educational initiatives and hands-on wellness practices that promote long-term health benefits. Expertise in developing workshops and programs tailored to specific community needs. Proven ability to engage diverse populations and facilitate group coaching that fosters a sense of belonging and support.

CONTACT

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- San Francisco, CA

EDUCATION

Bachelor of Science in Community Health

University of Illinois
2014

SKILLS

- community health
- preventive strategies
- program development
- leadership
- group coaching
- wellness education

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Community Wellness Coordinator

2020-2023

Healthy Communities Initiative

- Developed and implemented community wellness programs targeting health disparities.
- Facilitated workshops on nutrition, exercise, and mental wellness for diverse groups.
- Engaged with community partners to promote wellness resources and services.
- Evaluated program impact through community feedback and health metrics.
- Organized health fairs and events to raise awareness of wellness initiatives.
- Maintained relationships with local organizations to ensure program sustainability.

Wellness Coach

2019-2020

Vibrant Health Center

- Provided individual coaching sessions focused on holistic health practices.
- Created personalized wellness plans that address client-specific needs.
- Utilized technology to track client progress and facilitate communication.
- Conducted health assessments to inform coaching strategies.
- Organized group sessions that foster community support and accountability.
- Developed a series of wellness newsletters to keep clients informed and engaged.

ACHIEVEMENTS

- Increased community participation in health programs by 70% through targeted outreach.
- Received 'Community Health Champion' award from the Local Health Organization in 2023.
- Developed a successful online platform for health education with over 5,000 users.