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SKILLS

- Health Coaching
- Wellness Planning
- Client Engagement
- Group Facilitation
- Digital Tools
- Community Outreach

EDUCATION

**BACHELOR OF SCIENCE IN NUTRITION,
HEALTH UNIVERSITY, 2022**

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased client retention rates by 35% through effective coaching.
- Recognized for outstanding contributions to community wellness initiatives.
- Successfully organized health fairs that attracted over 300 attendees.

Michael Anderson

JUNIOR DEVELOPMENT COACH

Innovative Junior Development Coach with a strong emphasis on health and wellness coaching. Committed to empowering individuals to achieve their personal health goals through tailored coaching techniques and evidence-based strategies. Possesses a deep understanding of the physical and psychological aspects of wellness, enabling the delivery of holistic coaching experiences. Proven track record in fostering motivation and accountability among clients, resulting in substantial lifestyle improvements.

EXPERIENCE

JUNIOR DEVELOPMENT COACH

Wellness Coaching Group

2016 - Present

- Developed personalized wellness plans based on client health assessments.
- Facilitated group coaching sessions focused on health education.
- Monitored client progress and adjusted wellness strategies as needed.
- Utilized mobile applications to track client goals and achievements.
- Collaborated with healthcare professionals to ensure comprehensive care.
- Organized wellness workshops to promote healthy living within the community.

HEALTH COACH INTERN

FitLife Wellness Center

2014 - 2016

- Assisted in the development of client-specific health plans.
- Conducted intake assessments to determine client needs.
- Supported group exercise sessions to enhance client engagement.
- Tracked client progress and provided ongoing support.
- Engaged in community outreach to promote wellness programs.
- Participated in workshops to enhance health coaching skills.