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SKILLS

- Corporate Wellness
- Program Development
- Employee Engagement
- Health Education
- Nutrition Counseling
- Fitness Assessments

EDUCATION

MASTER OF PUBLIC HEALTH, UNIVERSITY OF CALIFORNIA, 2016

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased employee participation in wellness initiatives by 50% year-over-year.
- Received 'Outstanding Service Award' for exceptional contributions to corporate wellness.
- Developed a fitness application that streamlined employee engagement in wellness programs.

Michael Anderson

CORPORATE WELLNESS TRAINER

Results-oriented Lead Personal Trainer with a focus on corporate wellness and fitness program development. Extensive experience in designing and implementing corporate fitness initiatives that promote employee health and productivity. Proven ability to assess organizational needs and develop tailored wellness solutions that engage employees and foster a culture of health. Strong communication skills facilitate effective collaboration with stakeholders at all levels.

EXPERIENCE

CORPORATE WELLNESS TRAINER

HealthFirst Solutions

2016 - Present

- Designed corporate wellness programs that improved employee engagement and health outcomes.
- Conducted fitness assessments to tailor programs to organizational needs.
- Facilitated workshops on health, nutrition, and stress management.
- Implemented tracking systems to measure program effectiveness and participation.
- Collaborated with HR to integrate wellness into company culture.
- Achieved a 40% increase in employee participation in wellness programs.

PERSONAL TRAINER

Fit for Life Gym

2014 - 2016

- Developed individualized fitness plans for clients focusing on overall health and wellness.
- Provided coaching on nutrition and lifestyle modifications.
- Conducted group classes to enhance community engagement.
- Maintained detailed records of client progress and feedback.
- Organized health challenges to motivate clients and promote fitness.
- Increased client referrals by 35% through exceptional service.