



# Michael ANDERSON

## DIGITAL WELLNESS COACH

Innovative Lifestyle Wellness Coach with a focus on integrating technology into wellness practices. Extensive experience in creating digital health solutions that empower clients to take charge of their wellness journey. Proficient in utilizing mobile applications and online platforms to deliver personalized coaching and support. Strong advocate for the use of wearable technology to monitor health metrics and enhance accountability.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- digital health solutions
- virtual coaching
- wearable technology
- health data analysis
- content creation
- social media marketing

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**BACHELOR OF SCIENCE IN HEALTH  
INFORMATICS, UNIVERSITY OF  
TECHNOLOGY**

### ACHIEVEMENTS

- Increased client satisfaction ratings by 25% through personalized digital services.
- Developed an award-winning mobile app for wellness coaching.
- Presented at international conferences on technology in health coaching.

### WORK EXPERIENCE

#### DIGITAL WELLNESS COACH

TechHealth Solutions  
2020 - 2025

- Developed an online coaching program utilizing health tracking apps.
- Provided virtual consultations to clients across various platforms.
- Integrated wearable technology into client health assessments.
- Created digital content promoting health and wellness literacy.
- Analyzed client data to improve program effectiveness.
- Engaged in social media campaigns to enhance brand visibility.

#### WELLNESS TECHNOLOGY SPECIALIST

Health Tech Innovations  
2015 - 2020

- Conducted workshops on the use of health apps and wearables.
- Collaborated with tech developers to create user-friendly wellness tools.
- Evaluated the impact of technology on client health outcomes.
- Provided training sessions for clients on using health monitoring devices.
- Developed instructional materials for digital wellness programs.
- Participated in research studies on technology in health coaching.