



Michael ANDERSON

CORPORATE MEDITATION CONSULTANT

Experienced Meditation Therapist specializing in corporate wellness with over 8 years of experience. I have successfully implemented meditation programs to enhance employee well-being and productivity at various organizations. My approach is grounded in evidence-based practices, focusing on stress reduction, resilience building, and overall mental health improvement. I work closely with HR departments to tailor programs that align with company culture and employee needs.

CONTACT

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SKILLS

- Corporate wellness
- Program implementation
- Employee engagement
- Training and development
- Communication
- Evaluation

LANGUAGES

- English
- Spanish
- French

EDUCATION

**MASTER OF SCIENCE IN
ORGANIZATIONAL PSYCHOLOGY,
COLUMBIA UNIVERSITY**

ACHIEVEMENTS

- Received 'Best Health Initiative' award from the Corporate Wellness Association in 2019.
- Increased employee participation in wellness programs by 50% within the first year.
- Developed a mindfulness resource guide that was distributed to over 500 employees.

WORK EXPERIENCE

CORPORATE MEDITATION CONSULTANT

Wellness First Inc.

2020 - 2025

- Designed and implemented meditation programs for over 1,000 employees, increasing productivity by 25%.
- Conducted stress management workshops that resulted in a 40% reduction in reported stress levels.
- Worked with leadership to create a culture of mindfulness within the organization.
- Evaluated program outcomes, presenting findings to stakeholders for continuous improvement.
- Created engaging marketing materials to promote meditation programs internally.
- Facilitated focus groups to gather employee feedback and tailor offerings accordingly.

MINDFULNESS TRAINER

Healthy Horizons Corp.

2015 - 2020

- Developed a mindfulness curriculum that was implemented across all departments.
- Trained managers and team leaders on the benefits of mindfulness in leadership.
- Conducted monthly meditation sessions, leading to a 30% increase in employee engagement scores.
- Collaborated with external wellness experts to enhance program offerings.
- Maintained documentation of program effectiveness for annual reviews.
- Participated in wellness fairs, promoting mental health resources to employees.