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## SKILLS

- Employee Assistance Programs
- Crisis Intervention
- Training Facilitation
- Data Analysis
- Mental Health Counseling
- Program Evaluation

## EDUCATION

**MASTER OF SCIENCE IN COUNSELING  
PSYCHOLOGY, UNIVERSITY OF DENVER,  
2012**

## LANGUAGE

- English
- Spanish
- German

## ACHIEVEMENTS

- Recognized as 'Employee Wellness Advocate' by the Corporate Wellness Association in 2021.
- Increased EAP utilization by 50% through effective marketing and communication strategies.
- Led a team that developed a mental health resource app for employees, enhancing accessibility.

# Michael Anderson

## EAP PROGRAM MANAGER

Innovative Mental Health Services Coordinator with over 7 years of experience in the private sector, specializing in employee assistance programs (EAP). Expertise in designing and implementing mental health resources for corporate environments, focusing on employee well-being and productivity. Strong background in counseling and crisis intervention, with a commitment to fostering a supportive workplace culture.

## EXPERIENCE

### EAP PROGRAM MANAGER

Corporate Wellness Solutions

2016 - Present

- Developed a comprehensive EAP program that increased employee engagement by 45%.
- Facilitated workshops on stress management and mental health awareness for over 500 employees.
- Coordinated crisis intervention services for employees facing personal challenges.
- Conducted needs assessments to tailor EAP offerings to employee demographics.
- Monitored program performance and made data-driven adjustments to improve effectiveness.
- Collaborated with HR to create a supportive culture around mental health in the workplace.

### MENTAL HEALTH COUNSELOR

Wellness Counseling Services

2014 - 2016

- Provided counseling services to clients dealing with workplace stress and mental health issues.
- Developed individualized treatment plans that addressed personal and professional challenges.
- Facilitated group therapy sessions focused on workplace dynamics and mental health.
- Collaborated with organizations to enhance employee support programs.
- Maintained confidential client records and ensured compliance with ethical standards.
- Participated in outreach initiatives to promote mental health resources within organizations.