



MICHAEL ANDERSON

SENIOR MENTAL PERFORMANCE COACH

CONTACT

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SKILLS

- Leadership Development
- Employee Engagement
- Mindfulness Training
- Performance Metrics
- Coaching Techniques
- Organizational Culture

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF ARTS IN PSYCHOLOGY,
UNIVERSITY OF CALIFORNIA, BERKELEY**

ACHIEVEMENTS

- Successfully improved employee engagement scores by 25% through mental performance initiatives.
- Recognized for excellence in coaching by the International Coaching Federation in 2020.
- Published articles on mental health strategies in leading business journals.

PROFILE

Strategic Mental Performance Coach specializing in corporate wellness and leadership development. Possessing extensive experience in applying psychological principles to foster resilience and performance in high-pressure environments. Demonstrated success in creating innovative mental training programs aimed at enhancing employee engagement, productivity, and overall well-being. Known for an analytical approach to identifying performance barriers and implementing targeted interventions that yield measurable outcomes.

EXPERIENCE

SENIOR MENTAL PERFORMANCE COACH

Global Leadership Institute

2016 - Present

- Designed and implemented mental performance programs for senior executives, enhancing leadership effectiveness.
- Conducted assessments to evaluate mental resilience and identify areas for improvement.
- Facilitated group workshops on mindfulness and mental agility.
- Provided ongoing coaching and feedback to leaders to support their personal and professional development.
- Collaborated with HR to integrate mental performance initiatives into employee training programs.
- Monitored and reported on program effectiveness through participant feedback and performance data.

MENTAL RESILIENCE COACH

Wellness at Work

2014 - 2016

- Developed mental resilience training for employees in high-stress industries, resulting in reduced burnout rates.
- Implemented individual coaching sessions focused on stress reduction techniques.
- Led seminars on the psychological impact of workplace culture on performance.
- Created resources and toolkits for ongoing mental health support.
- Facilitated feedback sessions to refine program content based on participant experiences.
- Collaborated with organizational leaders to promote a culture of mental wellness.