



Michael ANDERSON

CORPORATE WELLNESS COACH

Accomplished Mind-Body Fitness Instructor with extensive experience in corporate wellness programs and executive coaching. Specializes in designing fitness initiatives that promote mental well-being and enhance productivity within organizational settings. Proven ability to assess organizational needs and develop tailored programs that align with corporate objectives. Expertise in delivering engaging presentations and workshops that inspire employees to prioritize their health and wellness.

CONTACT

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SKILLS

- Corporate Wellness
- Program Design
- Employee Engagement
- Health Assessments
- Motivational Speaking
- Team Building

LANGUAGES

- English
- Spanish
- French

EDUCATION

**MASTER OF BUSINESS
ADMINISTRATION, FOCUS IN HEALTH
MANAGEMENT, CORPORATE
UNIVERSITY, 2016**

ACHIEVEMENTS

- Increased participation in wellness programs by 70% within the first year.
- Awarded 'Best Corporate Wellness Program' in 2021 by Industry Leaders.
- Successfully reduced employee absenteeism by 20% through targeted wellness initiatives.

WORK EXPERIENCE

CORPORATE WELLNESS COACH

Wellness Innovations

2020 - 2025

- Designed and implemented corporate wellness programs that improved employee engagement by 40%.
- Conducted health assessments and developed personalized wellness plans for employees.
- Facilitated workshops on stress management and work-life balance for corporate teams.
- Collaborated with HR departments to integrate wellness initiatives into employee benefits.
- Utilized metrics to measure program effectiveness and report outcomes to stakeholders.
- Promoted a culture of wellness through ongoing communication and support initiatives.

MIND-BODY FITNESS INSTRUCTOR

Executive Fitness Solutions

2015 - 2020

- Developed executive coaching programs focusing on the intersection of fitness and productivity.
- Conducted one-on-one sessions to assess individual needs and set achievable fitness goals.
- Provided motivational support to executives to foster a culture of health within their teams.
- Created engaging presentations for corporate wellness seminars.
- Utilized technology to track progress and maintain client engagement.
- Organized team-building fitness challenges to promote camaraderie and wellness.