



# MICHAEL ANDERSON

## CORPORATE MINDFULNESS CONSULTANT

### CONTACT

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-  San Francisco, CA

### SKILLS

- corporate wellness
- leadership development
- program management
- data analysis
- team coaching
- online resources

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

MASTER OF BUSINESS  
ADMINISTRATION, STANFORD  
UNIVERSITY

### ACHIEVEMENTS

- Increased employee engagement scores by 35% within one year of program implementation.
- Featured speaker at the National Wellness Conference in 2021.
- Awarded 'Innovative Program of the Year' by HR Association.

### PROFILE

Dynamic Mindfulness Coach specializing in corporate wellness and leadership development, with a strong emphasis on integrating mindfulness practices into organizational culture. Expertise in guiding executives and teams through transformative mindfulness experiences that enhance productivity, creativity, and interpersonal relationships. Extensive experience in designing strategic mindfulness initiatives that align with corporate objectives, resulting in measurable improvements in employee engagement and performance.

### EXPERIENCE

#### CORPORATE MINDFULNESS CONSULTANT

##### Thrive Global

2016 - Present

- Implemented mindfulness programs for Fortune 500 companies, enhancing employee productivity.
- Conducted leadership workshops focusing on emotional intelligence and stress management.
- Utilized data analytics to measure program impact on employee engagement.
- Developed online mindfulness resources, increasing participation by 50%.
- Facilitated group coaching sessions, fostering team cohesion and collaboration.
- Provided ongoing support and evaluation to ensure long-term client success.

#### MINDFULNESS PROGRAM MANAGER

##### Zenful Living

2014 - 2016

- Designed and executed a comprehensive mindfulness initiative for over 1,000 employees.
- Conducted assessments to tailor programs to specific organizational needs.
- Collaborated with senior leadership to integrate mindfulness into company values.
- Led training sessions on resilience and stress reduction techniques.
- Managed a team of wellness coaches, ensuring consistent delivery of programs.
- Analyzed participant feedback to refine and enhance program offerings.