



# Michael ANDERSON

## DIRECTOR OF CORPORATE WELLNESS

Strategic Nutrition and Dietetics Executive with over 12 years of experience in corporate wellness and health promotion. Expertise in designing and implementing comprehensive wellness programs that address the nutritional needs of employees across various industries. Demonstrated success in fostering a culture of health within organizations, resulting in improved employee productivity and morale.

### CONTACT

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### SKILLS

- Corporate Wellness
- Health Promotion
- Program Development
- Data Analytics
- Stakeholder Engagement
- Employee Education

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF PUBLIC HEALTH,  
NUTRITION CONCENTRATION,  
HARVARD UNIVERSITY, 2014**

### ACHIEVEMENTS

- Recognized as a Top Wellness Leader by the Corporate Health Association.
- Successfully launched a company-wide nutrition challenge that engaged over 1,500 employees.
- Increased employee satisfaction scores related to wellness by 25% within two years.

### WORK EXPERIENCE

#### DIRECTOR OF CORPORATE WELLNESS

Wellness Solutions Inc.

2020 - 2025

- Developed and executed corporate wellness programs for Fortune 500 companies.
- Conducted health assessments and nutritional evaluations for employees.
- Designed engaging workshops to promote healthy eating and lifestyle choices.
- Utilized analytics to measure program outcomes and improve future initiatives.
- Collaborated with HR departments to align wellness strategies with company goals.
- Achieved a 35% increase in employee participation in wellness programs over three years.

#### NUTRITION CONSULTANT

Healthy Living Consulting

2015 - 2020

- Provided nutrition counseling and program development for various corporate clients.
- Conducted workshops on meal planning and stress management techniques.
- Evaluated client satisfaction and adjusted programs based on feedback.
- Developed online resources for nutrition education accessible to employees.
- Collaborated with fitness professionals to create integrated wellness programs.
- Increased client retention rates by 20% through enhanced service offerings.