



MICHAEL ANDERSON

Holistic Nutrition Coach

Holistic Nutrition and Wellness Coach with a passion for natural health solutions and preventive care. Expertise in utilizing whole foods and lifestyle changes to address health concerns and enhance well-being. Skilled in providing personalized guidance that empowers clients to take control of their health through informed dietary choices. Strong advocate for sustainable practices in nutrition and wellness, emphasizing the importance of environmental factors in health.

CONTACT

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- San Francisco, CA

EDUCATION

Bachelor of Science in Holistic Nutrition

Bastyr University
2016-2020

SKILLS

- Holistic Nutrition
- Preventive Care
- Client Empowerment
- Lifestyle Coaching
- Community Outreach
- Educational Workshops

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Holistic Nutrition Coach

2020-2023

Natural Health Institute

- Developed holistic nutrition plans focusing on whole foods and lifestyle modifications.
- Conducted client assessments to identify health goals and challenges.
- Provided workshops on the benefits of holistic health practices.
- Utilized herbal supplements and natural remedies to support client health.
- Created a resource library of holistic health materials for client education.
- Shared success stories through social media to inspire community engagement.

Nutrition Consultant

2019-2020

Wellness Within

- Provided consulting services to clients seeking natural health solutions.
- Developed educational programs on nutrition and preventive care.
- Engaged in community outreach to promote holistic health awareness.
- Monitored client progress and adjusted plans based on feedback.
- Facilitated support groups for individuals pursuing holistic health.
- Achieved a 95% client success rate in health transformations.

ACHIEVEMENTS

- Increased client engagement through social media by 50%.
- Recognized for innovative approaches to holistic health in 2022.
- Published articles on holistic nutrition in various health magazines.