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SKILLS

- corporate wellness
- employee engagement
- program development
- health assessments
- consultation
- workshop facilitation

EDUCATION

MASTER OF PUBLIC HEALTH, UNIVERSITY OF MICHIGAN, 2016

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased employee participation in wellness programs by 35% through targeted incentives.
- Recognized for excellence in program delivery with a Corporate Wellness Award.
- Authored a guide on nutrition in the workplace adopted by several organizations.

Michael Anderson

CORPORATE WELLNESS NUTRITIONIST

A results-oriented Nutrition Education Specialist with significant experience in corporate wellness and employee health programs. Proven expertise in designing and implementing nutrition initiatives that promote workplace health and productivity. Adept at conducting needs assessments and developing tailored programs that address employee dietary habits. Strong interpersonal skills enable effective communication and engagement with diverse employee populations.

EXPERIENCE

CORPORATE WELLNESS NUTRITIONIST

Healthy Workplace Solutions

2016 - Present

- Developed and implemented nutrition programs for corporate clients to enhance employee well-being.
- Conducted workshops and webinars on nutrition and healthy lifestyle choices.
- Evaluated employee dietary habits through surveys and assessments.
- Collaborated with HR departments to integrate wellness initiatives into corporate culture.
- Provided one-on-one consultations to employees seeking nutritional guidance.
- Tracked and reported on program outcomes and employee engagement metrics.

NUTRITION CONSULTANT

Freelance

2014 - 2016

- Provided nutrition consulting services to various organizations and individuals.
- Developed customized meal plans and nutrition resources for clients.
- Conducted workshops on nutrition and healthy eating for businesses.
- Utilized social media to promote nutrition education initiatives.
- Collaborated with fitness professionals to enhance wellness offerings.
- Assessed client progress and adjusted programs as needed.