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EXPERTISE SKILLS

- Behavioral Health
- Wellness Program Development
- Employee Engagement
- Data Analysis
- Needs Assessment
- Communication Skills

LANGUAGES

- English
- Spanish
- French

CERTIFICATION

- Master of Science in Behavioral Health, University of Michigan, 2013

REFERENCES

John Smith

Senior Manager, Tech Corp
john.smith@email.com

Sarah Johnson

Director, Innovation Labs
sarah.j@email.com

Michael Brown

VP Engineering, Solutions Inc
mbrown@email.com

MICHAEL ANDERSON

CORPORATE WELLNESS CONSULTANT

Experienced Occupational Health Specialist with a focus on behavioral health and wellness in corporate environments. With over 12 years in the field, I excel in designing and implementing programs that support mental health, reduce stress, and enhance overall employee well-being. My approach combines evidence-based practices with innovative wellness strategies. I am adept at conducting employee surveys to assess needs, creating tailored wellness initiatives, and evaluating program effectiveness.

PROFESSIONAL EXPERIENCE

WellnessWorks Inc.

Mar 2018 - Present

Corporate Wellness Consultant

- Designed and implemented mental health programs that increased employee engagement by 35%.
- Conducted needs assessments to tailor wellness initiatives to employee demographics.
- Facilitated workshops on stress management and work-life balance.
- Developed metrics to evaluate the impact of wellness programs on employee productivity.
- Collaborated with HR to integrate wellness initiatives into employee benefits packages.
- Provided one-on-one consultations to employees seeking mental health support.

CorpCare Solutions

Dec 2015 - Jan 2018

Occupational Health Advisor

- Implemented health programs that resulted in a 50% increase in employee participation in wellness activities.
- Conducted health risk assessments and provided personalized recommendations.
- Led mental health awareness campaigns that improved workplace morale.
- Collaborated with external mental health professionals to offer resources to employees.
- Monitored and reported on the effectiveness of health initiatives to senior management.
- Created communication materials to promote health resources available to employees.

ACHIEVEMENTS

- Recognized for launching a mental health initiative that resulted in a 25% decrease in stress-related absenteeism.
- Recipient of the 'Corporate Wellness Award' for innovative health programs in 2021.
- Published articles on workplace wellness in industry-leading journals.