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San Francisco, CA

www.michaelanderson.com

SKILLS

- Holistic Health
- Mindfulness Practices
- Community Building
- Program Development
- Client Empowerment
- Wellness Coaching

EDUCATION

CERTIFICATION IN HOLISTIC HEALTH COACHING, INSTITUTE FOR INTEGRATIVE NUTRITION, 2015

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased client engagement in holistic programs by 50%.
- Received 'Best Wellness Coach' award from the Holistic Health Association.
- Expanded community outreach initiatives, reaching over 300 new clients.

Michael Anderson

HOLISTIC WELLNESS COACH

Dynamic Personal Training Consultant with extensive experience in holistic fitness and wellness coaching. Recognized for the ability to integrate various fitness modalities, including yoga, strength training, and mindfulness practices, to create comprehensive wellness programs. Strong background in promoting mental health alongside physical fitness, fostering a balanced approach to well-being. Demonstrated success in building community through group programs and workshops that inspire collective growth.

EXPERIENCE

HOLISTIC WELLNESS COACH

Balanced Life Studio

2016 - Present

- Developed and implemented holistic wellness programs for diverse client demographics.
- Incorporated mindfulness techniques into fitness coaching sessions.
- Facilitated community workshops on the benefits of holistic health.
- Conducted assessments to tailor programs to individual needs.
- Collaborated with yoga instructors to enhance program offerings.
- Promoted client engagement through social media and online platforms.

PERSONAL TRAINER

Zen Fitness Center

2014 - 2016

- Provided personalized training sessions focusing on holistic health.
- Organized and led group fitness classes incorporating various modalities.
- Educated clients on the importance of mental wellness in fitness.
- Monitored client progress and adjusted programs as needed.
- Developed partnerships with local health practitioners for referrals.
- Utilized client feedback to enhance service offerings.