

MICHAEL ANDERSON

Reflexologist

- San Francisco, CA
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Proactive and knowledgeable reflexologist with a background in sports therapy, offering over 5 years of experience in providing reflexology treatments that enhance athletic performance and recovery. My unique skill set combines reflexology with sports wellness, allowing me to support athletes in managing stress and preventing injuries. I take pride in tailoring each session to meet the specific needs of my clients, emphasizing the importance of holistic health in sports.

WORK EXPERIENCE

Reflexologist | Athlete's Wellness Clinic

Jan 2022 – Present

- Provided reflexology treatments specifically designed for athletes to enhance performance.
- Collaborated with sports trainers to integrate reflexology into athletes' recovery routines.
- Maintained accurate records of treatments and client progress to inform future sessions.
- Educated clients on the benefits of reflexology for injury prevention and recovery.
- Participated in sports events to promote reflexology services.
- Received positive feedback from athletes for improved performance and recovery times.

Reflexologist Assistant | Sports Rehabilitation Center

Jul 2019 – Dec 2021

- Supported senior reflexologists in delivering therapeutic treatments to clients.
- Learned to assess clients' needs and provide appropriate reflexology techniques.
- Maintained treatment areas to ensure a professional and clean environment.
- Engaged with clients to gather feedback and improve service delivery.
- Assisted in workshops to educate clients about reflexology benefits.
- Contributed to team efforts in achieving high levels of client satisfaction.

SKILLS

Sports Therapy

Reflexology

Client Education

Performance Enhancement

Team Collaboration

Documentation

EDUCATION

Bachelor of Science in Sports Therapy

2015 – 2019

College of Health and Fitness

ACHIEVEMENTS

- Improved athletic performance metrics for clients through tailored reflexology treatments.
- Conducted over 300 reflexology sessions focused on sports wellness.
- Recognized for outstanding contribution to client recovery and performance enhancement.

LANGUAGES

English

Spanish

French