



# Michael ANDERSON

## REIKI AND WELLNESS COACH

### CONTACT

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### SKILLS

- mental health support
- emotional resilience
- Reiki healing
- coaching
- workshop facilitation
- client assessment

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**BACHELOR OF ARTS IN PSYCHOLOGY,  
UNIVERSITY OF HEALING ARTS, 2018**

### ACHIEVEMENTS

- Recognized by the Community Mental Health Board for outstanding service in 2023.
- Increased client satisfaction ratings by 35% through personalized care.
- Successfully organized a mental health awareness campaign that reached over 1,000 individuals.

Dedicated Reiki Healer with a profound commitment to promoting mental health and emotional resilience through energy healing techniques. Experienced in utilizing Reiki to support individuals dealing with anxiety, depression, and stress-related disorders. Demonstrates a compassionate approach, ensuring clients feel safe and understood throughout their healing journey. Proficient in conducting assessments to determine the most effective healing strategies tailored to each individual's needs.

### WORK EXPERIENCE

#### REIKI AND WELLNESS COACH

Mindful Healing Center

2020 - 2025

- Provided holistic coaching sessions integrating Reiki with mindfulness practices.
- Assisted clients in developing personalized wellness plans to address mental health challenges.
- Facilitated group sessions promoting community support and shared healing experiences.
- Conducted workshops on self-care strategies and energy healing.
- Maintained detailed client records to track progress and adjust strategies as needed.
- Engaged in ongoing professional development to enhance coaching techniques.

#### REIKI SPECIALIST

Holistic Mental Health Clinic

2015 - 2020

- Administered Reiki sessions focusing on emotional healing and stress relief.
- Collaborated with mental health professionals to provide integrated care.
- Evaluated client feedback to refine healing techniques and approaches.
- Participated in community outreach initiatives to promote mental health awareness.
- Developed resources for clients on the benefits of Reiki for emotional well-being.
- Engaged in research on the efficacy of Reiki in mental health treatments.