



# MICHAEL ANDERSON

Corporate Wellness Manager

Strategic Senior Beauty and Wellness Manager with a rich background in corporate wellness program development and management. Proven ability to design and implement comprehensive wellness initiatives that drive employee engagement and enhance organizational productivity. Expertise in collaborating with health professionals to create tailored wellness solutions that meet diverse employee needs. Strong project management skills demonstrated through the successful execution of multi-faceted wellness programs.

## CONTACT

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- San Francisco, CA

## EDUCATION

**Master of Science in Health Promotion - University of Michigan**  
University  
2016-2020

## SKILLS

- Corporate Wellness
- Program Development
- Employee Engagement
- Project Management
- Health Assessments
- Workshop Facilitation

## LANGUAGES

- English
- Spanish
- French

## WORK EXPERIENCE

**Corporate Wellness Manager** 2020-2023

HealthFirst Solutions

- Designed and implemented corporate wellness programs that increased employee participation by 40%.
- Collaborated with health professionals to provide on-site wellness services.
- Conducted assessments to identify employee health needs and program effectiveness.
- Developed marketing materials to promote wellness initiatives within the organization.
- Monitored program outcomes and provided regular feedback to senior management.
- Facilitated workshops and seminars on health and wellness topics.

**Health and Wellness Coordinator** 2019-2020

Wellness Works Inc.

- Assisted in the development and execution of wellness programs that improved employee morale.
- Coordinated health screenings and fitness challenges to engage employees.
- Tracked participation rates and assessed program impact on employee wellness.
- Created newsletters and communication materials to promote wellness activities.
- Collaborated with HR to integrate wellness initiatives into employee benefits.
- Provided support for wellness events, ensuring successful execution.

## ACHIEVEMENTS

- Recognized for increasing employee participation in wellness programs by 50% within one year.
- Developed a wellness initiative that reduced healthcare costs for the organization by 15%.
- Received the "Wellness Champion" award from the National Wellness Institute.