



📞 (555) 234-5678

✉ michael.anderson@email.com

📍 San Francisco, CA

🌐 www.michaelanderson.com

SKILLS

- Holistic care
- Integrative health
- Client-centered approach
- Collaboration
- Documentation
- Family education

EDUCATION

**DIPLOMA IN HOLISTIC HEALTH,
ALTERNATIVE MEDICINE INSTITUTE, 2015**

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Achieved a 95% satisfaction rating from client feedback surveys.
- Initiated a wellness program that improved client engagement by 40%.
- Recognized for exemplary service in holistic care by the Wellness Association in 2021.

Michael Anderson

SENIOR PERSONAL CARE ASSISTANT

Experienced Senior Personal Care Assistant with a strong emphasis on holistic and integrative care approaches. Expertise in addressing both the physical and emotional needs of clients, ensuring a comprehensive care experience. Skilled in developing and implementing care plans that reflect the preferences and values of clients. Demonstrated ability to foster a nurturing environment that promotes healing and well-being.

EXPERIENCE

SENIOR PERSONAL CARE ASSISTANT

Holistic Care Agency

2016 - Present

- Delivered personalized care to clients focusing on holistic health principles.
- Conducted assessments to identify both physical and emotional care needs.
- Collaborated with nutritionists to provide dietary recommendations.
- Facilitated mindfulness and relaxation techniques to enhance well-being.
- Documented care plans and progress for continuous evaluation.
- Provided family education on holistic care practices.

PERSONAL CARE AIDE

Wellness at Home

2014 - 2016

- Assisted clients with daily activities while promoting holistic health.
- Engaged clients in physical activities aligned with their abilities.
- Maintained a safe and supportive living environment.
- Documented client progress and communicated with families regularly.
- Coordinated with therapists to support rehabilitation goals.
- Participated in workshops on holistic health practices.