



Michael ANDERSON

CORPORATE WELLNESS RETREAT FACILITATOR

CONTACT

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SKILLS

- corporate wellness
- leadership development
- program design
- mindfulness
- stress management
- employee engagement

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF SCIENCE IN
ORGANIZATIONAL PSYCHOLOGY,
CORPORATE WELLNESS UNIVERSITY**

ACHIEVEMENTS

- Increased employee engagement scores by 25% through tailored wellness retreats.
- Recognized as 'Best Consultant' by Empowerment Corp for innovative program design.
- Authored a guide on integrating mindfulness into corporate culture.

WORK EXPERIENCE

CORPORATE WELLNESS RETREAT FACILITATOR

Empowerment Corp
2020 - 2025

- Designed and facilitated corporate retreats focused on mindfulness and leadership development.
- Conducted workshops on stress management and effective communication.
- Developed customized programs based on corporate culture and employee needs.
- Utilized assessment tools to measure participant engagement and satisfaction.
- Collaborated with executives to align retreat objectives with business goals.
- Evaluated retreat outcomes to enhance future program offerings.

WELLNESS CONSULTANT

Thrive Solutions
2015 - 2020

- Provided consulting services to organizations seeking to enhance employee well-being.
- Conducted needs assessments to identify wellness opportunities within companies.
- Facilitated workshops on work-life balance and stress reduction techniques.
- Collaborated with HR teams to develop comprehensive wellness programs.
- Monitored and reported on wellness program effectiveness and participant feedback.
- Presented findings to senior leadership to drive organizational change.