



MICHAEL ANDERSON

TRADITIONAL HEALING AND WELLNESS COACH

PROFILE

Innovative Traditional Healing Practitioner with a focus on mental and emotional wellness, leveraging over 10 years of experience in the field. My expertise lies in integrating traditional healing practices with modern psychological approaches. I specialize in energy healing, guided meditation, and counseling techniques that promote mental clarity and emotional balance.

EXPERIENCE

TRADITIONAL HEALING AND WELLNESS COACH

Mindful Healing Center

2016 - Present

- Developed individualized wellness plans incorporating meditation and energy healing.
- Facilitated group therapy sessions focusing on emotional well-being and self-discovery.
- Conducted over 300 workshops on stress management and mindfulness.
- Collaborated with therapists to create holistic treatment options for clients.
- Maintained detailed client records to track progress and outcomes.
- Promoted community events, increasing center attendance by 50%.

TRADITIONAL HEALER

Healing Hearts Wellness

2014 - 2016

- Provided energy healing sessions and guided meditations to clients seeking emotional balance.
- Assisted clients in setting personal healing goals and developing action plans.
- Participated in community outreach programs to promote mental health awareness.
- Collaborated with local health organizations to provide holistic care.
- Documented treatment effectiveness through client feedback and follow-up sessions.
- Created educational materials on traditional healing practices for clients.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Energy healing
- Guided meditation
- Client counseling
- Workshop development
- Community outreach
- Record keeping

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER IN TRADITIONAL HEALING AND WELLNESS, HOLISTIC UNIVERSITY, 2011

ACHIEVEMENTS

- Awarded 'Best Wellness Coach' by the Local Wellness Network in 2020.
- Increased client engagement in workshops by 60% through innovative marketing strategies.
- Published a book on holistic approaches to emotional healing, receiving positive reviews.