



MICHAEL ANDERSON

LEAD WELLNESS COACH

PROFILE

Accomplished Wellness Coach with extensive experience in behavioral health and lifestyle modification. Expertise in creating dynamic and interactive coaching programs that empower clients to achieve their health goals. Proficient in utilizing a variety of coaching methodologies, including motivational interviewing and cognitive behavioral techniques, to foster client motivation and accountability. Strong background in fitness training and nutrition, combined with a passion for promoting mental well-being.

EXPERIENCE

LEAD WELLNESS COACH

Active Life Coaching

2016 - Present

- Developed and implemented individualized coaching plans for diverse clientele.
- Led group coaching sessions focused on motivation and accountability.
- Utilized fitness assessments to tailor exercise programs to individual needs.
- Collaborated with nutritionists to provide comprehensive dietary guidance.
- Conducted workshops on mental health awareness and resilience building.
- Tracked client progress and adapted strategies to enhance outcomes.

WELLNESS COACH

Fit for Life

2014 - 2016

- Provided personalized coaching sessions to clients focused on sustainable lifestyle changes.
- Implemented community wellness initiatives that increased participant engagement.
- Created educational materials to promote awareness of health issues.
- Monitored and analyzed client progress to refine coaching techniques.
- Facilitated support groups to foster a sense of community among clients.
- Maintained client records in compliance with healthcare regulations.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- behavioral health
- lifestyle modification
- motivational interviewing
- cognitive behavioral techniques
- fitness training
- nutrition guidance

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF ARTS IN PSYCHOLOGY,
WELLNESS UNIVERSITY, 2016

ACHIEVEMENTS

- Achieved a 90% client satisfaction rate through tailored coaching approaches.
- Recognized for excellence in client service by the Fit for Life organization.
- Successfully guided over 200 clients to achieve their wellness goals within a year.