



MICHAEL ANDERSON

Executive Nutrition Coach

Dynamic Wellness Nutrition Coach with a focus on evidence-based nutrition and client-centered care. Recognized for developing innovative dietary programs that promote health and well-being. Expertise in providing comprehensive nutritional assessments and creating personalized strategies for diverse populations. Demonstrates a commitment to continuous education and application of the latest research in dietary practices.

WORK EXPERIENCE

Executive Nutrition Coach

2020-2023

Total Wellness Coaching

- Developed executive wellness programs tailored to corporate clients.
- Conducted nutritional assessments and created personalized meal plans.
- Facilitated workshops on nutrition and health for corporate teams.
- Utilized technology to track client progress and engagement.
- Collaborated with health professionals to ensure comprehensive care.
- Engaged in community outreach to promote wellness initiatives.

Nutrition Coach

2019-2020

Wellness Innovations

- Provided individualized nutrition counseling to a diverse clientele.
- Monitored client progress and adapted meal plans as necessary.
- Conducted workshops on healthy eating and lifestyle changes.
- Utilized social media to engage and educate clients.
- Collaborated with fitness professionals to create integrated wellness plans.
- Created educational resources to empower clients in their health journeys.

ACHIEVEMENTS

- Increased corporate client participation in wellness programs by 50%.
- Developed a nutrition initiative that reached over 1,500 individuals.
- Recognized for 'Outstanding Contribution to Wellness' by Total Wellness Coaching in 2021.

CONTACT

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EDUCATION

Master's Degree in Nutrition and Wellness

Academy of Health Sciences
2016-2020

SKILLS

- evidence-based nutrition
- client-centered care
- corporate wellness
- community outreach
- nutritional assessment
- personalized strategies

LANGUAGES

- English
- Spanish
- French