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EXPERTISE SKILLS

- wellness solutions
- program implementation
- health technology
- team leadership
- employee coaching
- performance metrics

LANGUAGES

- English
- Spanish
- French

CERTIFICATION

- Bachelor of Science in Kinesiology, University of Florida, 2016

REFERENCES

John Smith

Senior Manager, Tech Corp
john.smith@email.com

Sarah Johnson

Director, Innovation Labs
sarah.j@email.com

Michael Brown

VP Engineering, Solutions Inc
mbrown@email.com

MICHAEL ANDERSON

WELLNESS PROGRAM MANAGER

Dynamic Wellness Operations Manager with extensive experience in developing and executing innovative wellness solutions that enhance employee well-being and organizational productivity. Expertise in conducting thorough needs assessments to tailor wellness programs that meet the diverse needs of the workforce. Proven ability to lead interdisciplinary teams in the successful implementation of health initiatives.

PROFESSIONAL EXPERIENCE

Vitality Wellness Corp.

Mar 2018 - Present

Wellness Program Manager

- Designed and launched a comprehensive wellness program that increased employee engagement by 45%.
- Implemented a digital health platform to enhance accessibility to wellness resources.
- Organized quarterly wellness challenges that promoted team collaboration and health awareness.
- Developed metrics to monitor program success and employee health outcomes.
- Collaborated with external vendors to provide specialized wellness services.
- Conducted training sessions for employees on nutrition and fitness.

Wellness Works International

Dec 2015 - Jan 2018

Health Coach

- Provided individualized health coaching to employees, resulting in improved health metrics.
- Facilitated workshops on lifestyle modification and chronic disease prevention.
- Developed educational materials to support employee wellness initiatives.
- Conducted health screenings to identify at-risk employees and connect them with resources.
- Collaborated with HR to integrate wellness goals into performance evaluations.
- Monitored participant progress and provided ongoing support.

ACHIEVEMENTS

- Recognized as 'Wellness Champion' by the National Wellness Association.
- Increased program participation by 50% through targeted marketing strategies.
- Successfully improved employee health metrics by 20% over one year.