



Sara Daawa

Personal Trainer

Tower country club , Sharm el-Sheikh , Egypt
01027317382 · saradawa930@gmail.com

🔗 [Sara Daawa](#)

Date / Place of birth

25/6/1994, Tor sinai

Nationality

Egyptian

Skills

Leadership Skills

Effective Time Management

Communication Skills

Independently Motivated

Strong Interpersonal Skills

Strong Interpersonal Skills

Independently Motivated

Hobbies

Diving

Skiing

Cycling

Languages

English

Arabic

Profile

- Professional personal trainer for 5 years experience
- 5-level fitness and insanity program
- Karate champion 2009
- Nutrition program licence
- First aid program license
- Professional Sports medicine and rehabilitation
- Professional sports Arbitration
- Management of security and safety in sports facilities
- Licensed personal trainer from ministry of Youth and Sports
- African international conference for sports during pandemic of covid 19

Employment History

Personal trainer , Daawa Gym, Tor sinai

July 2016 — Present

Fitness & insanity coach, Olympic hall , Sharm El Sheikh

October 2017 — June 2019

Fitness coach for physically handicapped people , Taeheel Gym, Tor sinai

August 2018 — Present

Rockbound&fitness coach, Freedom Gym, Sharm El Shiekh

July 2019 — Present

Education

Good", Bachelor of Arts, specializing in antiquities, tourist guide section, Tanta Gharbayah city

September 2013 — June 2016

Courses

Manegment of security and safety in sports facilities , Arab Association sports for all

April 2017 — May 2017

Personal trainer , Ministry of Youth and Sports

January 2020 — February 2020

Qualified fitness trainer , GOLD'S GYM Academy

April 2017 — May 2017

Precautions for the return of sport activity during the pandemic of covid 19, African international conference

October 2020 — October 2020

Basics for coaches taekwondo , Olympic academy for sports leaders

February 2019 — April 2019

Sports Arbitration , The college council with the Board of California International College

April 2017 — May 2017

Sports medicine and rehabilitation , Arab Association sports for all

July 2017 — July 2017

Anti- doping in sport, Egyptian anti - doping organization

June 2017 — July 2017

First aid program , International rehabilitation center

August 2017 — August 2017

Nutrition program , International rehabilitation center

April 2017 — May 2017

Rehabilitation of sports specialist for all, Arab Association for all fed

April 2017 — April 2017

Extra-curricular activities