



**MANAR
MOHAMED
ESMAT**

@ manarmon37@gmail.com

01151813385

Egypt- Beni Suef



OBJECTIVE

As a recent graduate, I am seeking a role which allows me to continue learning and perfecting my skills and work in an environment which encourages me to succeed and grow professionally where I can utilize my skills and knowledge appropriately.



SKILLS

Communication skills
Hard worker
Problem Solving
Critical Thinking
Respect
Flexibility
Responsibility
Attention to Details
Passionate for Working
Computer Skills
Negotiation skills
Creativity
Teamwork
Organization
Marketing
Leadership



LANGUAGES

Arabic : Native. English : Very good.



EXPERIENCE

2022 - 2023

St. George International Schools

Gymnastics coach

2020 - 2022

Diwan Language School

Gymnastics coach

2020 - 2021

Golden Hero Academy

Gymnastics coach

2020 - 2021

Namaa Academy

Gymnastics coach

2020 - 2022

Cairo Gym

Personal trainer

2021 - 2022

Mubarak Club

Swimming coach

2022 - 2023

Life Makers Foundation

HR

2019 - 2023

Business Pages

Moderator



EDUCATION

2020-2023

**Faculty of Physical Education,
Beni Suef University**

Bachelor Degree
Excellent



COURSES & CERTIFICATE

fundamentals of Research writing by AUC

July 8 - July 9, 2018

I participated in the International Conference towards a better future for martial arts sports challenges and opportunities by IMAS

27-28 Feb - 2021