



Curriculum Vitae

Personal Information

Name	Esra'a Sameeh Amr.
Marital status	Married.
Date of Birth	December, 9, 1996.
Contact Information	Amman – Jordan 00962777969582 amr.esraa58@yahoo.com
Drive license:	Full 'Owns a car'

Education

(2014-2018)	Bachelor of Human Nutrition and Dietetics , Faculty of Agriculture, The University of Jordan, Amman, Jordan.
(2010-2014)	General Secondary Certificate , Pioneers Academy, Amman, Jordan.

Language

Arabic (Native language).
English (Very good verbal command and written communication skills).

Skills and Communication

Writer
Multitasking.
Good experience in communication skills.
Good experience in emotional intelligence.
Leadership skills.
Good planner.
Work under pressure.
Team worker.
Motivator speaker.
Qualified in using computer (Microsoft office).
Good experience in social media management and montage.

Experience and Internship

January, 2019-
March, 2019 **Trainee** in management skills at Amro services and trading Est. , Aqaba, Jordan.

March-April , 2018 **Trainee** at the University of Jordan Hospital, Amman, Jordan.

September–December
,2018 **Trainee** at the clinic of nutritionist Ibrahim Al-Ziq, Amman, Jordan.

December, 2018-
January, 2019 **Trainee** in marketing skills, Smart Step Marketing & Consultancy CO.

January, 2020-
June, 2022 **Work** as manager at AB pharmacy, Amman, Jordan.

January, 2020-
June, 2022 **Work** as a nutritionist at AB pharmacy, Amman, Jordan.

June, 2021-
March, 2023 **Work** as social media manager at Dr.Rana Almobaydin center.

October, 2022-
January, 2023 **Work** as social media manager at Dr.Khawther Albalwa clinic.

March, 2022-
May, 2022 **Work** as social media manager at Dr.Raed AL Awaisheh center.

June, 2020-
January, 2021 **Work** at Dr.Mohammad Zetawi Bariatric Surgery & Metabolic Disease Cent

January, 2023-January, 2024. **Work** as logistic manager at National Seeds Company ‘ Miqdadi group’

Practice Courses :

Prepare and planning diets course, JU- Amman, Jordan.

Therapeutic Nutrition course, Agriculture Engineers Association,
(12 practice hours).

Writing and presenting radio programs course, -Adam 4 media &training,
(27 practice hours).

Training Course (Youth for Change), -Adam 4 media &training,
(12 practice hours).

First aid course,
(6 practice hours).

Meet The Real You course, 'Moataz Mashal',
(24 practice hours).

Motivation online course, 'Moataz Mashal',
(5 practice hours).

Social media management online course,
(12 practice hours).

**Nutrition course during disaster and food
safety. (12 practice hours).**

2012	First Student Conference (third millennium generations) - social media tools, Holds first place.
2015-2016	Nashama hkj, Team Member.
December,2016	Career Day For nutrition students at the University of Jordan, Coordinator and Organizer.
2016 –2017	Responsible for the academic team of nutrition at the Faculty of Agriculture the University of Jordan, Amman, Jordan.
2016-2018	(Member of the administration) in the voluntary team Al-lejan Al-tolabia at the Faculty of Agriculture, The University of Jordan, Amman, Jordan.
2015-2018	New Students Orientation to JU, Coordinator of agriculture students' orientation for the academic years of 2015 to 2018.
MAY,2017	Graduation Ceremony College of Agriculture, Presenter and coordinator.
July,2017	The first student committee's conference, Coordinator.
September,2017	The first media conference of the student committees, Participant.

2018,2019 **Eye on Future initiative**, Volunteer.

2016-present **Ightanem charity association**, Treasurer, volunteer.

2016-2019 **Media Office of the student committees**,
Member of Social Media and montage.