




FITNESS COACH

Moroccan, Single


MY PROFILE


Experienced personal fitness coach who combines knowledge, education and enthusiasm to accompany customers in their wellness quests, especially in the field of nutrition, physiology and during fitness or wellness classes. Encourages and promotes activities and methods that change harmful health habits and bring the necessary fuel to a healthy mind and body. Made his passion the accompaniment of others towards long-term fitness and health goals.

CONTACT

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 Sfn_douma



LANGUAGES

- ✓ French: Good knowledge
- ✓ English: Basic notions
- ✓ Arabic: Native language

DOUMA SOUFIANE







PROFESSIONAL EXPERIENCE

- Personal coach since 2015.
- Moroccan Certified Champion – 2nd Place in Men's Fitness for 2018.
- Moroccan Certified Champion – 3rd Place in Men's Fitness for 2018.
- Security guard at Bar And Restaurant in 2018
- Head of security department at Aswak Salam Supermarket in 2020







DIPLOMAS & CERTIFICATES

-  **2017 - 2018:** Certificate of fitness «men physique» from the Moroccan Royal Federation of bodybuilding, second-place championship level on Casablanca.
-  **2017 - 2018:** Certificate of fitness «men physique» from the Moroccan Royal Federation of bodybuilding, third place national championship level.
-  **2016 - 2018:** Specialist technician in mechanical manufacturing from the Specialized Institute of Applied Mechanical Engineering Technology (ISTAGM) in Casablanca.
-  **2015 - 2016:** Baccalauréat science SVT.



PROFESSIONAL SKILLS

-  Identification of the best training program for each person
-  Skills in health and good nutrition
-  Communication and customer relationship skills
-  Ability to deliver positive energy to clients



TECHNICAL SKILLS

Pack Office

Office

Writing schedules and
reporting

Proposal for diets

Psychic accompaniment

Organization of physical and
mental preparations