

# **Curriculum Vitae**

**Female**

**D.O.B. 18 October 1984**

**Number of years working in industry: 19 years 1 month**

**Candidate ID Number:** 146581

**Nationality:** Jordanian

**Language Skills:**

Fluent: English, Arabic

Good: Turkish

**Permitted to work in:** Turkey, Jordan

**Position Sought:** Regional Senior Manager, Spa Director, Spa Manager, Head Therapist, Treatment Manager / Spa Trainer

## **Personal Statement**

Seeking work in international locations

## **Employment History:**

**September 2021 - Present - Rehabilitation specialist** at (most recent employer hidden for confidentiality) Antalya, Turkey, (Home/Mobile)

### **Duties included:**

As a dedicated and compassionate Rehabilitation Specialist, I am committed to empowering individuals to regain their independence and improve their quality of life. With [15] years of experience in the field, I have developed a deep understanding of rehabilitation practices and a strong ability to support individuals in their journey towards recovery.

My role as a Rehabilitation Specialist revolves around providing comprehensive assessments, developing personalized treatment plans, and implementing evidence-based interventions. I specialize in working with individuals who have experienced physical injuries, disabilities, or neurological conditions, tailoring my approach to address their unique needs and goals.

Throughout my career, I have successfully collaborated with multidisciplinary teams, including physicians, therapists, and social workers, to ensure holistic care for my clients. By fostering strong relationships and effective communication, I have consistently achieved positive outcomes and facilitated optimal recovery for my patients.

I am proficient in utilizing various therapeutic techniques and modalities, including mobility exercises, therapeutic activities, assistive devices, and adaptive strategies. Additionally, I am well-versed in educating patients and their families on self-care techniques, promoting independence and long-term success beyond the rehabilitation process.

Moreover, I remain dedicated to ongoing professional development and staying up-to-date with the latest advancements in rehabilitation research and practices. By continuously expanding my knowledge and skill set, I strive to provide the highest standard of care to my clients.

As a Rehabilitation Specialist, my passion lies in making a meaningful impact in the lives of individuals who are facing physical and cognitive challenges. I am driven by the rewarding nature of witnessing their progress, celebrating their achievements, and empowering them to reclaim their lives.

If you are seeking a dedicated Rehabilitation Specialist who combines expertise, empathy, and a commitment to excellence, I invite you to connect with me. Together, we can make a difference in the lives of those in need of rehabilitation and support.

**Duties included:**

As a Clinical Exercise Physiologist, my role involved providing specialized care to patients with cardiac, stroke, brain injury, multiple sclerosis (MS), spinal cord injury (SCI), and outpatient (OPD) conditions. I assessed patients' capabilities, designed tailored exercise programs, and monitored their progress. I educated patients on their conditions, provided rehabilitation, and collaborated with healthcare teams to optimize patient care and outcomes.

**December 2008 - April 2011 - Regional Senior Manager** at World of tours, Riyadh, Saudi Arabia, (Product Company)**Duties included:**

As a Regional Manager, my role was to oversee and facilitate the process of sending patients from KSA to the CZ Republic for rehab purposes. I was responsible for coordinating and managing all aspects of this process, ensuring smooth and efficient operations.

Key responsibilities included:

**Patient Assessment and Referral:** Collaborating with healthcare professionals in Saudi Arabia to assess patients' rehab needs and determine their suitability for treatment in the CZ Republic. This involved reviewing medical records, evaluating patient conditions, and recommending appropriate rehab options.

**Liaising with Healthcare Providers:** Establishing and maintaining strong relationships with rehab facilities, hospitals, and clinics in the CZ. This included negotiating contracts, coordinating admission procedures, and ensuring quality care and services for referred patients.

**Logistics and Travel Arrangements:** Overseeing the logistical aspects of patient transfers, including coordinating travel arrangements, visa applications, transportation, and accommodation. Ensuring seamless transitions and efficient coordination between healthcare providers in both countries.

**Financial Management:** Managing the financial aspects of patient referrals, including cost assessments, budgeting, and billing processes. Working closely with agencies, and patients to facilitate payment procedures.

**Quality Assurance & Compliance:** Ensuring that all aspects of the patient referral process adhered to regulatory and quality standards. Monitoring the quality of care provided by the CZ rehab facilities and addressing any issues or concerns that arose.

Communication and Support.

In summary, as a Regional Manager, my role involved overseeing the process of sending patients from KSA to the CZ Republic for rehab. I managed patient assessments, coordinated with healthcare providers, handled logistics & finances, ensured compliance with regulations, and provided support to patients & their families.

**October 2006 - November 2008 - Exercise physiologist** at Prince Faisal Bin Fahed Sport Medicine Hospital, Riyadh, Saudi Arabia, (Hospital / Medical Clinic)**Duties included:**

As a Clinical Exercise Physiologist at Prince Faisal Bin Fahed Sport Medicine Hospital, my role encompassed providing specialized care and support to patients in the field of sports medicine.

Key responsibilities included:

Assessment and Evaluation.

Treatment Planning and Prescription.

Rehabilitation and Conditioning.

Education and Counseling.

As a Clinical Exercise Physiologist at Prince Faisal Bin Fahed Sport Medicine Hospital, my role was focused on optimizing athletes' performance, facilitating their recovery from injuries, and promoting their overall health and well-being through exercise interventions and evidence-based practices.

**Education and Qualifications:****2006 SBAHC, Riyadh, KSA**

Euro Prevents , Ljubljana, Slovenia 2018 Preventive Cardiology, Sports Cardiology & Exercise Based Rehabilitation (EBAC), Switzerland 2017 ECG Course, SBAHC, KSA International spinal cord conference , SBAHC, KSA. Customer service excellence.,

- As an Exercise Physiologist providing home health services for individuals with disabilities, my role is to empower and support patients in their own homes to improve their physical function, independence, and overall quality of life.

In this capacity, I bring my expertise in exercise physiology and rehabilitation to the comfort and convenience of patients' homes. Here's how I provide valuable care:

**Individualized Assessments:** I conduct thorough assessments to understand the unique needs, capabilities, and limitations of each patient. This includes evaluating their current physical condition, mobility, strength, flexibility, and any specific challenges related to their disability.

**Personalized Exercise Programs:** Based on the assessments, I design personalized exercise programs that are tailored to the individual's abilities, goals, and specific disability-related considerations. These programs focus on enhancing mobility, building strength, improving endurance, and addressing any functional limitations.

**Adapted Exercise Techniques:** I specialize in adapting exercise techniques to accommodate different disabilities. I use a variety of strategies such as modified equipment, assistive devices, and adaptive exercises to ensure safety and maximize effectiveness for each patient.

**In-Home Exercise Sessions:** I conduct regular in-home exercise sessions with patients, guiding and supervising them through their personalized exercise programs. These sessions may include cardiovascular exercises, resistance training, balance and coordination exercises, and stretching routines.

**Education and Self-Management:** I provide comprehensive education to patients and their families, equipping them with knowledge on exercise techniques, proper form, and safety precautions. I also educate them on strategies for managing their disability and maintaining a healthy lifestyle.

**Goal Setting and Progress Monitoring:** I work collaboratively with patients to set realistic goals in the rehab journey. As an Exercise Physiologist providing home health services for individuals with disabilities, my role is to empower and support patients in their own homes to improve their physical function, independence, and overall quality of life. In this capacity, I bring my expertise in exercise physiology and rehabilitation to the comfort and convenience of patients' homes. Here's how I provide valuable care:

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- Skills: Health Education

- Patient Education
- Patient Advocacy
- Recreation
- Cerebral Palsy
- Orthopedic Rehabilitation
- Exercise Physiology
- Multiple Sclerosis
- Stroke Rehabilitation

Traumatic Brain Injury

**2010 British Council**

**2006 Hashemite University**

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