

# Curriculum Vitae

**Female**

**D.O.B. 09 July 1991**

**Number of years working in industry: 4 years 10 months**

**Candidate ID Number:** 178659

**Nationality:** Portuguese, Brazilian

**Language Skills:**

Fluent: Portuguese

Good: English

Basic: Spanish, French

**Permitted to work in:** European Union, Brazil, UAE - United Arab Emirates

**Position Sought:** Spa Manager, Assistant Manager, Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher

## Personal Statement

Focused and determined with passion for growth!

Seeking work in international locations

## Employment History:

**April 2021 - Present - Club Manager** at (most recent employer hidden for confidentiality) Ajman, UAE - United Arab Emirates, (Health Club)

### Duties included:

- Managed club operations for seamless customer experience.
- Created, implemented and controlled administrative processes.
- Ledged membership sales and reception team.
- Reported for stakeholders - identifying opportunities for cost savings and strategies for business growth, through P&L understanding.
- Recruited and trained staff.
- Implemented effective sales strategies and ledged effectively sales team meeting sales targets.
- Ledged KPI's to increase company standards.
- Managed team conflict, addressing issues and solve problems in a efficient and professional way.
- Over reached all yearly targets, best achievement 2023-2024 overcoming income by 152%.
- Ledged Personal Training for VIP Royal Family of Ajman.

## Education and Qualifications:

### 2025 PMA Active IQ

Diploma

Mat Pilates and Reformer Pilates

### 2024 Active IQ

Certificate

Pre and post pregancy exercise specialist

### 2023 Manz and Lusofuna University of Lisbon

Pos graduation

Gym Management

## **2023 Prime Physio Dubai**

Certificate

Pilates in Rehabilitation

## **2022 UNES**

Certificate

Basic Pilates

## **2022 Lqimon**

Diploma certoficate

Business and leadership

## **2019 Lea mills**

Certificate

Body Comvat and Core

## **2015 Higher school of sports Rio Maior - Politecnic instituto of Santarem**

Bachelor Degree

Sports Coaching

## **2015 Promofitness**

Certificate

Crossttaining

## **2023 Lusofona University and Manz**

pos graduation in gym management

## **2015 Politecnic Institute of Santarem - ESDRM**

Bachelor degree in Sports training

## **Vocational Qualifications**

Financial Planing - online for selflewrning

Excell - Online self learning

## **Hobbies and Interests**

Reading

Playing guitar

swiming

CV created at [www.spastaff.com](http://www.spastaff.com)

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