

Curriculum Vitae

Female

D.O.B. 21 April 1989



Number of years working in industry:

5 years 0 months

Candidate ID Number: 181677

Nationality: Iranian

Language Skills:

Good: English

Basic: Farsi, Turkish

Permitted to work in: Iran, Turkey

Position Sought: Fitness Professional

Personal Statement

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â€œAs a certified fitness coach with a strong background in physical fitness and online coaching, I am passionate about helping people achieve their health and wellness goals. My mission is to inspire and guide individuals through personalized workout plans and effective nutrition strategies. With my expertise in strength training and functional fitness, I aim to make a positive impact on peopleâ€™s lives by promoting a sustainable and balanced fitness journey.

Seeking work in international locations

Employment History:

February 2021 - Present - Fitness Professional at (most recent employer hidden for confidentiality) İstanbul, Turkey, (Health Club)

Duties included:

As a fitness influencer, I create and share workout programs, provide fitness and nutrition tips, and engage with my audience to inspire a healthy lifestyle. My responsibilities include content creation, social media management, brand collaborations, and guiding my followers through fitness challenges. Additionally, I research fitness trends and adapt them to suit different needs, especially for people with physical limitations.â€¢

Education and Qualifications:

2025 : "Physical Fitness Coaching, Strength and Conditioning, and Sports Science."

: "Physical Fitness Coaching, Strength and Conditioning, and Sports Science."

â€œSports Science, Fitness Training, Nutrition Coaching, Strength and Conditioning, Functional Training, and Online Fitness Coaching.â€¢

2012 University of art

2 years of university

