**Mira**

**OBJECTIVE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I am an ambitions person, responsible and dedicated. I am interested in discovering the Food industry and Health related sectors that can be beneficial in promoting public health.**

**EDUCATION\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**From 12/2014 Registered dietitian**

**From 02/2011 to 06/2014** **American University of Beirut** Beirut, Lebanon Bachelor in Nutrition and Dietetics

 **Minor in public health**

Courses Taken**:** Biochemistry, Human Physiology, Human Nutrition and Metabolism and Nutritional Assessment, Nutrition life cycle, Nutrition Medical Therapy.

**From 09/1992 to 06/2010 Ecole Saint Joseph de L’Apparition**  Beirut, Lebanon

 Lebanese Baccalaureate: Official in 2010

Mention Bien

**EXPERIENCE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**From 03/2016 till now Administrative Assistant at American University of Beirut Medical Center** Beirut, Lebanon

* Pediatrics Department

**From 03/2016 till now Community nutritionist at Unite Youth Lebanon Project (ULYP)** Beirut, Lebanon

* Conduct interactive nutrition awarness session with different age groups

**From 04/2015 till 02/2016 Research Consultant at Saint Joseph University** Beirut, Lebanon

* Conduct household interviews for a community project about Vitamin D intake among elderly.

**From 03/2015 till now** **Clinical Dietitian** Beirut, Lebanon

* Provide one to one counseling and personalized diets.

**From 02/2015 to 10/2015** **Research Consultant at American University of Beirut** Beirut, Lebanon

* Worked on a community project
* Conducted household interview in Lebanon in order to collect data on food security, dietary and lifestyle behaviors of mothers, children and adolescents.
* Took anthropometric measurements for mothers and children (Weight, Height, MUAC, Waist circumference)

**From 06/2014 to 12/2014 Internship at Mount Lebanon Hospital** Mount Lebanon, Lebanon

* Completed a training program in the Dietetic Department covering the following subjects (Imbalance of body weight, Diabetes and endocrinology, Diseases of the circulatory program, Gastroenterology, Kidney disorders, Pulmonary diseases, Infancy and childhood, Tube feeding…)

**From 01/2008 to 04/2010 CIELL: Centre d’Initiation et d’Education par les Loisirs au Liban** Beirut, Lebanon

 Position: Trainer

* Learned about how to educate kids in indoor and outdoor activities
* Learned how to live in groups.

**ACTIVITIES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**From 03/2014 to 05/2014 INJAZ NGO** Beirut, Lebanon

Postion: Volunteer

* Working on a global competition with Coca Cola, under the name of “Ripples of happiness”

**From 03/2013 to 04/2013 Culinary Practicum Workshop (AUB)** Beirut, Lebanon

* Learned basic cooking techniques and healthy cooking

**From 09/2012 Training about first aid with the Red Cross** Beirut, Lebanon

**From 08/2012 to 11/2012 Aie Serve** Beirut, Lebanon

 Position: Volunteer

* Attended workshops about creativity and communication

**From 01/2009 till now Lebanese Scout Association** Beirut, Lebanon

 Position held: Leader

* Assisted in voluntary works and activities
* Prepared activities with some NGOs
* Attended and prepare workshops about leadership skills, communication and teamwork.
* Learned camping skills and surviving in the nature
* Held responsible for cubs between the age of 7 and 11 years

**AWARDS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dean’s Honor List during the fall semester 2014**

**SUMMARY SKILLS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**COMPUTER SKILLS:** MS Word, Excel, PowerPoint, Access, Internet use, and SPSS

**LANGUAGES:** Fluentin English, Arabic, and French (writing, reading and speaking)

**SOFT SKILLS:** Communication, Team-Building, Organizational, Management, and Dedication.

**RESEARCH SKILLS:** Using AUB Database Libraries and other search engines such as Google, Yahoo, etc…

**HOBBIES:** Sports, Travelling, Camping and cooking.

**Job Seeker First Name / CV No: 1718298**

[Click to send CV No & get contact details of candidate](http://www.gulfjobseeker.com/feedback/submit_fb_em.php)

 