**Ghina**



[Ghina.333398@2freemail.com](mailto:Ghina.333398@2freemail.com)

# Education

Candidate in Masters in Healthcare Administration- Swiss Business School expected graduation June 2016

Bs. Degree in Dietetics & Food Sciences, 1997, American University Of Beirut, Lebanon.

Internship at Makassed Hospital, a tertiary teaching Hospital Beirut- Lebanon year 1998

Diploma in Health Administration for working professionals, Dec 2013, Notting Hill College

Diploma in Sports Nutrition (Online Course) 2014

# Work Experience

April 2007 – till present **Senior Dietitian Cosmesurge Clinics .**

Abu Dhabi, UAE

* Patients’ consultation, body composition assessment using InBody
* Nutritional & physical activity assessment as well as stress level
* Preparing healthy menu according to BMI, age & activity level, plans are usually prepared according to exchange system.
* Using Behavioral modification strategy, teaching at each follow up different nutrition & healthy behavior info.
* Following up with Bariatric patients & assessing their nutritional needs.
* Writing articles in different local magazines.
* JCI accreditation.
* Training junior dietitians who newly joined our clinics.

May 2006 – Jan. 2007 **Product Manager , Amman Drug & Trading Company**

Amman, Jordan

* Preparing marketing plans to promote & increase the sales of Merisant company
* Preparing daily & monthly plans for the merchandiser
* Reporting directly to the executive manager
* Organizing events & exhibitions

Feb. 2002 – Nov. 2005 **Dietitian Cosmesurge Clinics .**

Abu Dhabi, UAE

* Patients’ consultation, body composition assessment using InBody
* Nutritional & physical activity assessment as well as stress level
* Preparing healthy menu according to BMI, age & activity level, plans are usually prepared according to exchange system.
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* Writing articles in different local magazines

Nov. 1998 – Jan. 2002 **Poduct Manager, Customer Care Department, Malco Trading Co.** Beirut, Lebanon.

* Participating in Developping new products
* Assisting in the marketing and sales plan, working with the research and development tea, sales and marketing team and graphic designing team to create the needed marketing material from booklets, pamphlets and media coverage.
* Contacting probable customers demonstrate for them & explain to them how to use our products**.**
* Following up with customers, making sure that they're happy with the quality & service we offer.
* Preparing for The ISO 9000 in management & Manufacture

Sept. 1997 – Oct.1998 **Life and Applied Sciences Teacher for Intermediate classes.**

**Our Lady Of Victory School**, Saadyat-Lebanon.

-Responsible for preparing lessons plans & exams.

-Teaching Chemistry, Physics & biology for students with age groups 12-15

-Using all teaching help materials to assure bigger understanding of the subjects treated.

**Conferences & Media Interviews**

* Dietitian of Sabah Al Emarat 2009-2010, editing & presenting nutrition segment
* Guest on “Green Apple” health program on MBC
* Guest on *Al Multaqa* TV show on Emirates TV for 4 episodes.
* Guest for 7 episodes on *Asrarouha* TV Show on Dubai TV
* Guest at “*Kif Al Sahha*” program at Abu Dhabi TV
* Dietitian of *Usra TV* show on Abu Dhabi TV for 2004-2005 Seasons
* Did a Press conference about high Blood Cholesterol Prevention, Abu Dhabi August 2002
* Press Conference about Calcium needs & intake for different age groups Abu Dhabi June 2002
* Seminars at different private schools and social groups
* Nutrition Articles in many magazines like “Forbes”, “The National”, “Zahrat Al Khaleej”, “Al Bayan”, “Akhbar Al Arab”, “Gulf News”, “Al Sahha wal Tob”, “Al Ittihad”, “Al Sada” & “City” Magazine

**Internships, Certificates, Memberships**

* Member in LANFS (Lebanese Association for Nutrition and Food Sciences) since July 97.
* Member in American Dietetic Association Int’l
* Member in American Society of Nutrition
* Member in UAE nutrition Community
* Internship at Makassed General Hospital as Dietitian.
* “WEQAYA” training certification
* Attending at least 2-3 conferences per year locally regarding major nutrition topics
* Attended a course in "Excellence in Service Leadership", Pigier Institute, Lebanon; March 2000
* Attended Arab Health conferences & workshops in 2003-2004 & 2005 on Hypertension & Diabetes.
* Attended a 3 days conference & workshop by Harvard International Institute
* Attended “Nutrition & Optimal Health” 4 day Conference in Beirut- 2003

# Skills

- Highly organized, dedicated, with a positive attitude and good communication skills.

- Work well under pressure situation with the ability to meet demanding deadline schedule.

- Strong sense of responsibility and self-motivation.

- Team player with the ability to work well independently.

# Languages Trilingual, fluent in Arabic, French and English

**Personal Data** Nationality Lebanese

Date of Birth 13/4/1975

Marital Status Married