Camilla.356636@2freemail.com

Location: **Brazil**

PROFILE

* Equipped with three masters degrees and academic experience working as a professional for 10 years in the health promotion area. Partner in two companies developing and promoting health and safety programs to clients in their work place. Track records of successfully implementing ergonomic projects in companies and being guest lecturer at local Faculties and Universities in Pará, Brazil. Determined, open to new challenges and motivated to continuously increase and apply knowledge by taking on new possibilities.
* **Ergonomics:** I have a Post - graduation in Ergonomics applied to Workplace and have worked in that area for the last five years. I have worked mostly with work ergonomic analysis and developing and implementing life quality programs for local and multinational companies located in the North part of Brazil. Currently, I have created my own consultancy agency specialized in ergonomics and health programs to companies that seek a better life quality to their employees.
* **Exercise Physiology**: I have two Post - graduation - Exercise Physiology and Resistive Training (in health, illness and aging) and Sports and Exercise Science. I have been involved in this area throughout my years in the University and for some years after graduated - working experience in fitness centres, rehabilitation centres and sports club. Working with physiology has helped me to deal with a variety of groups (young, elderly, amateur athletes and others) and has provided me with the knowledge to better understand how to apply the principles of physiology in the Ergonomics area - with the purpose of suggest how to perform the labour activity with minor physiological and biomechanical efforts.
* **Business Awareness:** I have worked as a manager in a medical occupational clinic in Pará, Brazil for the past five years and opened my own Ergonomics Company last year. Working as a manager and as a consultancy professional has allowed me to develop strong interpersonal skills as well as leadership skills. It has increased my ability to build strong relationships with clients and team members and to solve problems. Additionally, it helped to have a better understanding of clients’ priorities and find solutions to achieve our goals.
* **Lecturer:** my work has allowed me to be a lecturer in companies and in educational institutions. As a consultant, is part of my job to raise awareness in workers about occupational health, healthy habits inside and outside work, life quality, exercise and other procedures that involve a healthy life style inside and outside the work place. I have also been invited to perform lectures and courses for local Faculties and Universities for undergraduate and post - graduation students in topics related to health promotion, training and physiology.

EDUCATION

* **2012**, Faculty of Medical Sciences of Minas Gerais (Brazil), Post-Graduation in Ergonomics Applied to Work.
* **2008 – 2010**, London Metropolitan University, MA in Sports and Exercise Science.
* **2005 – 2006**, University of Sao Paulo, MA Exercise Physiology and Resistive Training (in Health, Illness and Ageing).
* **2001 – 2004**, Para’s Estate University, BA Physical Education

CAREER HISTORY

**2015: Conhecimento & Ciência Faculty & PARÁ’S STATE UNIVERSITY**

***Position: Guest Professor***

* Guest Professor at the Conhecimento & Ciência Faculty to “Corporate Fitness” and “High Intensity Training Weigh Loss” to the Exercise Physiology and Training Post - Graduation course.
* Guest Professor at the Pará’s State University to lecture about Ergonomics to freshman and senior students of the Physical Education course (BA).

**2014 - Present: ERGSA (Ergonomics and Health)**

***Position: Partner***

* Partner in ERGSA (Ergonomics and Health) developing and implementing health programs and Ergonomic Analysis in multinational and local companies located in the North Region of Pará State. In this role, I do ergonomic analysis, deliver workshops, lectures, trainings and provide consultancy.
* Promoting Health and Quality Life Programs in multinational, medium and small companies in the North Region of Brazil - through Ergonomic Analysis, Trainings, Lectures and Consultancy.

**2011 - Present: MEDCOM (Medical Clinic for Occupational Health).**

***Position: Partner and Ergonomics and Life Quality Program Consultant***

* Partner in MEDCOM (Contemporary Medicine) - a company with over 10 years providing services in the occupational health and safety area. The company is located in the state of Pará, Brazil and is equipped with Professionals of different expertise such as doctors, nurses, psychologists, physical educators, ergonomics specialists and audiologists to provide services to detect workers’ health conditions and to focus on the prevention of labour diseases, including creating awareness and implementing educational programs inside the work place.
* MEDCOM is the biggest company in the region regarding occupational health and has been awarded as reference in the market for the quality of its services.

**2006 - 2008: Nacional Atletico Clube,**

***Position: Teacher***

* Teacher in swimming, water gymnastics and volleyball and social activities coordinator at Nacional Atletico Clube, located in Sao Paulo.

**2005 - 2006: Sao Paulo University**

***Position: Trainee***

* Trainee in Centre of Physical Activity and Conditioning at the Sao Paulo University with responsibility of instructing and accompanying individuals with cardiac risks and in cardiac rehabilitation exercise programs.

**2004 - 2005: Clinic of Medical Exercise - C - MEX in Belem, Brazil.**

***Position: Water gymnastic teacher***

* Water gymnastic teacher and resistive training instructor with cardiac risk patients and other physical rehabilitation cases at Clinic of Medical Exercise - C - MEX in Belem, Brazil.

**2003 - 2004: Alda Fitness Center and resistive**

***Position: Resistive training instructor and local aerobics class instructor***

* Resistive training instructor and local aerobics class instructor at Alda Fitness Center and resistive training instructor at Saude & Sinergia gym in Belem, Brazil.

SKILLS

* **Highly adaptable:** Having worked in different environments inside the fitness and health area (fitness centres, sports club, physical rehabilitation clinic and occupational health clinic and labour gymnastics).
* Providing services to companies in different sectors - including transports services, extractive companies, metallurgic sector and construction, among others - has increased my ability to perform in different environments, be flexible and to improvise.
* **Team working:** Working as a team leader in MEDCOM and in ERGSA has helped me to work effectively with those I supervised and with staff members from clients’ companies. These experiences have given me excellent listening skills and coaching skills as well as knowing to manage expectations of external stakeholders.
* Strong interpersonal skills and experience in Ergonomics have been developed throughout academic and consultancy work in MEDCOM and ERGSA and with companies’ directors, managers and labour workers.
* As a lecturer and trainer I gained great communication skills as this experiences required me to work closely with people from areas in the companies we provided service to as well as with different hierarchical level positions.
* **IT Skills:** Proficient in Microsoft Office in addition to fast, efficient use of World Wide Web and e - mail.

LANGUAGES

* Portuguese: fluent.
* English: fluent.