|  |
| --- |
| ***Mohcine*** ***Fitness instructor*** ***Email:*** ***mahcine.360854@2freemail.com*** |

***Formation***

* **2015**: Sea survival and first aid, Helicopter safety & escape, Fire Fighting and self recue Certificate at Emirates Technical and Safety development center in Abu Dhabi UAE.
* **2012:** Professional Coaching and Monitoring Certificate at CPNEF Morocco.

**2012**: course professional trainer and communications skills at union of bodybuilding mohammedia.

* **2010:** Double Diplomat weight lifting and Fitness AT the French Federation of bodybuilding and fitness Morocco.
* **June 2010:** Experimental Sciences baccalaureate physical and chemical high school Jaber Bnou Hayan Mohammedia Morocco.

**PersonalQualities:**

**- Dynamisme.**

 **- Autonomy.**

 **- Creativity.**

 **- Rigorous**

 **Professional Experiences**

* OCT 2014 to prestent:Drilling and first aid officer at **NDC Abu Dhabi UAE.**
* **Nov 2013 – Aug 2014:** Bodybuilding and Fitness Monitor At Geneva Gym Club Tangier **Morocco.**
* **Oct 2012 – Sep 2013:** Fitness coach at Lady Fitness Mohammedia Morocco**.**
* **Aug 2011 – Oct 2012:** Bodybuilding Monitor at La Hollandaise Gym Mohammedia Morocco.

**May 2009 – Jun 2011**: swimming instructor for kids at lets swim *together club Marrakech morocco.*

**Jun 2001 – oct 2010:** playing basketball at professional team in morocco.

**Interests:**

* **Basket-ball.**
* **Bodybuilding**
* **Fitness**
* **Swimming**
* **Crossfit**

**Professional Skills**

#  **Energy and commitment**

**-** Clients look to you to inspire them, show them the way and perhaps change their life as sticking with a new eating and exercise plan can be a daunting task.

No matter how many clients you see during the day, each one deserves your full physical energy and positive outlook.

Dealing with struggling clients also takes patience and perseverance, restructuring a program if it isn't working or cheering on a client who doesn't believe in himself.

* Assist with monthly reporting statistics.
* Provide “Best of Class” customer service to all Bodybuilding members.
* Good knowledge of all Protein kinds.
* Perform associated duties as assigned.
* Partnership with Bodybuilding team and related departments to provide optimal performance to meet the needs and satisfaction of client.
* Proposing the appropriate Diet and Supplements to the clients.