

Day and place of birth 19/04/1992 Mollet del Vallès Barcelona - Spain +34 678 016 934

#### 19 / 04 / 1992



C2 C2

### PROFESSIONAL SKILLS

I love learning, I am very demanding and I always try to improve myself. I am a hard worker, a good team player, flexible and easy-going person. I am used to working with passion like I would be the business owner. I always work close to my boss making the work easier for everyone. I am a leader, I love to inspire my teammates with my example. I have a great capacity for analysis & decision making. My virtue is to find areas to improve and provide great solutions to solve all problems. I am always 100% involved in what the company needs. I love teaching adults and people with difficulties how to swim, as well as training high-level athletes.

#### FORMAL EDUCATION

License Number (COPLEFC): 60464

Elementary and Secundaty Physical Education Teacher. Sports Manager and Strenght and Conditioning Coach.

Degree - Physical Activities and Sports Sciences.
Performance and Rehabilitation Specialist.
National Institute Physical Education & Sport of Catalonia.
University of Barcelona - 2012 / 2016.

Higher-level Professional Training - **Animation of Physical Activities and Sports** - 2010 / 2012.

Middle-level Professional Training - Conduction of Physical Activities in the Natural Environment - 09/10.







# **COMPLEMENTARY EDUCATION**

Level 1 Fitness Instructor Certificates - Les Mills UK - 2020 / 2022.

BODYPUMP BODYATTACK BODYBALANCE THE TRIP Sprint

National Swimming Coach Level 3. Award No. RFEN Spain - 2023.



Anthropometrist Course - ISAK level 1. Catalan School of Cineanthropometry - 2016.

National Pool & Beach Lifeguard. Spanish Royal Lifeguard Federation - 2022

Aqua Therapist by Dr. Mario Lloret Method. COPLEFC - 2015.







## **COMPUTER SKILLS**











