

Curriculum Vitae

Personal Info.

Name: Samah Ahmed Shafik Bendary

Address: 40 St. Elthawra – Misr Elgededa – Cairo.



Job Objective:

- Achieving the company's objectives, increasing the quality of the highest profits of the company and providing the high customers service.
- The direct assistance to the manager in all requirements of the work and accessing to the highest results to reach the highest success of the company.
- Solving the problems and managing the crises in a

practical way. Education

- **September 2001 – August 2002:** Diploma in Recreation Sport. University of Cairo, Faculty of Physics Fitness education, Cairo. Passed with very good grade.
- **September 1995 – May 1999:** Bsc (Physical Fitness Education). Unniversity of Zagazig, Faculty of Science.

Work Experiences

- **Supervisor for personal trainer, Wadi Degla Sporting Club (Sep. 2009 – present)**

Duties:

- Supervisor and personal trainer in the club.
- Designed workouts, diet plans, and other training sessions, as well as focus on specific problems (i.e. injuries, obesity, ect.) for gym members.
- Maintaining records to monitor visitor progress and achievement.
- Uphold an awareness and observation of fire and health and safety regulation.
- **Fitness Instructor at Sonesta Cairo Hotel and Casino, Cairo, Egypt (Apr. 2005 – Sep. 2008)**

Duties:

Designed workouts, diet plans, and other taraining sessions, as well as focused on specific problems (i.e. injuries, obesity, ect.) for gym members.

- **Al-Zohour Club, Nasr City (Jan. 2001 – Apr. 2009)**

Duties:

- Aerobics instructor.
- Designed workouts, diet plans, and other training sessions.

Skill

- **Highest Growth – Full Year 2017 (P.T) at Wadi Degla Club.**
- **Highest in-Body Revenue – Full Year 2017 at Wadi Degla Club.**
- **Crisis Management**
- **Negotiation skills and communication and communication skills**

- Strategic management
- Dealing with difficult characters
- the management of

change Training and self-development

- Advanced Human Resources Management at The Arabic Institute for Studies (2018)
- Leadership Program at Arabic Group of Studies (2016)
- Resistance Training Specialist, The Exercise Mechanics of Resistance Training, CYBEX
- Professional personal training, CYBEX institute for exercise science (Apr. 2011)
- Functional training review, CYBEX, institute for exercise science center, Cairo, Egypt (Apr. 2011)
- Microsoft Certified Application Specialist 2007 (141 Hours) at YAT Education Center Art of Training.
- Communicative English – L1 & L2 at Community Services and Enviromental Development Secto (14 Feb - 25 Mar. 2004) (very good grade)
- The program of studying sports injuries with a very good grade from the Egyptian Olympic Committee and the Olympic Academy of Sports Leaders (05 May - 13 Jun 2001)
- Study of sports massage with excellent grade from the Egyptian Olympic Committee and the Olympic Academy of Sports Leaders (07 Apr. - 09 May. 2001)
- Ruling on swimming from the Egyptian Swimming Federation (06 Jun. – 09 Jun. 1998)
- The course of methods and techniques of dealing with the special categories of audio and visual and intellectual of the Ministry of Education and the General Directorate of Education special grade excellent (28 Feb. - 05 Mar. 1998) (80 Hours)
- Certified Fitness Trainer (CFT) (12 Nov. 2012 - 12 Nov. 2014)
- Certified Laughter Yoga Leader (15 Oct. 2018)
- Physiognomy Diploma at ECOLE FRANCAISE COACHING (Five Livels) (Jan. 2018) (24-Hours).
- HYPNOSIS PRACTITIONER (MODULE 1 & 2) at Huddersfield, UK.
- Diplome (Loi de para) at ECOLE FRANCAISE COACHING (2018) (24 Hours)
- Human Resources Management Diploma at EGYCHARM (Mar. 2018 - May 2018) (35 Hours) (Grade: Excellent)
- Mini Master of Business Administration at The Arabic Institute for Studies.
- Human Resources and Development at Egyptian International Foundation (15 - 25 May 2017) (30 Hours)
- Mini Master of Business Administration Conducted by Programmes and Projects at Egyptian Cultural Center (2016 / 2017)
- Economics Diploma Conducted by Programmes and Projects at Egyptian Cultural Center (2016 / 2017)
- Sales Management Diploma Conducted by Programmes and Projects at

Egyptian Cultural Center (2016 / 2017)

- **Marketing Management Diploma Conducted by Programmes and Projects at Egyptian Cultural Center (2016 / 2017)**

- Human Resources Management Diploma Conducted by Programmes and Projects at Egyptian Cultural Center (2016 / 2017)
- Financial Management Diploma Conducted by Programmes and Projects at Egyptian Cultural Center (2016 / 2017)
- Business Administration & Leadership Diploma Conducted by Programmes and Projects at Egyptian Cultural Center (2016 / 2017)
- Essentials of Customer Service at Wadi Degla (05 Feb. 2018 - 06 Feb. 2018)
- HR Advanced Diploma Conducted by Programmes and Projects at Egyptian Cultural Center (2016 / 2017)
- Business Plan and Feasibility study at Egyptian International Foundation (Feb. 2017)
- Creative Thing and Mind Motivation at Egyptian International Foundation (Feb. 2017)
- Mini Master in Human Resources Development and Public Relations at Egyptian International Foundation (Feb. 2017)
- Public Relations at Egyptian International Foundation (Feb. 2017)
- Phonics at Egyptian International Foundation (Feb. 2017)
- Self-Management Skills and Communication Skills at Egyptian International Foundation (Feb. 2017)
- Managerial Skills and Crisis Management at Egyptian International Foundation (Feb. 2017)
- Training of Trainers and Public Speaking at Egyptian International Foundation (Feb. 2017)
- Body Language Skills and Leadership Skills at Egyptian International Foundation (Feb. 2017)
- Human Resources Management at Egyptian International Foundation (Feb. 2017)
- Program of preparing leaders from the Center for Research and Commercial Studies and Statistics, Faculty of Commerce, Ain Shams University
- Management of health clubs of the School of Youth and Sports and the sport sector in cooperation with the institution of management and training "Samia Alouba"
- Training in personal

training [Personal Skills](#)

- Excellent knowledge of Microsoft Windows.
- Very Good knowledge of Microsoft Office.
- Excellent knowledge of Internet

Browsing. [Language Skills](#)

Arabic: Mother Tongue

English: Good

[Additional Information](#)

Date of birth:

12/06/1975 Marital

Status: Single

Nationality: Egypt

Car: Toyota Corolla 2015