



NATALY MARULANDA

PERSONAL TRAINER

SKILLS:

- Successful communication.
- Capacity for teamwork.
- Eating plan.
- Functional training.
- Bodybuilding training.
- Stretching.
- Zumba.

PERSONAL INFORMATION

ID number:

1.001.014.598

Phone number:

+507 67997744

E-mail:

Natalymarulanda@hotmail.es

HOBBIES

- Training.
- Reading.
- Walking.
- Dancing.

Through the time I have worked serving the public, I have learned the importance of offering good experiences. That has led me to be successful in whatever field I am developing: increasing productivity, progress and degree of satisfaction of both the client and my work performance. I am usually very curious and innovative, because I think that the world is constantly changing and things can always be better.

I am responsible, and I am passionate with every opportunity that is given to me to develop an activity, it is enough to put a lot of interest in something for it to become interesting. I have a natural ability to communicate and relate. I usually avoid conflicts, I focus on finding solutions to difficulties.

I usually read daily, exercise and meditate. This helps me to stay mentally and physically healthy to carry out my daily tasks.

EDUCATION

HIGH SCHOOL

I. E. Jorge Eliecer Gaitán:
Academic bachelor (2009)

HIGHER EDUCATION

CIES:

administrative assistant
technician (2015)

UNIMINUTO:

Social communicator (5th sem)

ECEP:

Personal trainer 2022

PERSONAL REFERENCES

JUAN CAMILO LOMBANA
lawyer (city clerk)
cel number: 320 833 1281

JHON VARGAS GRACIANO
Business administrator
cel number: 304 371 7209

TATIANA MÁRIN
Social communicator
cel number: 320 833 1281

JHON DAVID RODRIGUEZ
School teacher.
Normal Superior School
cel number: 311 267 3287

WORKING EXPERIENCE

BODY MIND

Personal brand
Personal training services

WELLNESS LIFE-FIT

independent..

- Training and feeding programs (bilingual).
- Selling supplements (2019-2022)

DANCUSAVI

Dance and fitness academy

- Instructor (customer support) (2021-2022)

BODYTECH

Gym

- Customer support (2016)

LANGUAGES

- Spanish.
- English