

# CAMILA SOL FOSCALDI



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## Education

### Certified Nutrition Health Coach

Institute Integrative Nutrition, NY, USA

September 2023 - September 2024

\*Studied innovative coaching methods, practical lifestyle management techniques, and more than 100 dietary theories. Completed 40-plus hours of Health History interviews and coaching practice clients.

### Specialization in Functional and HIIT Training

Gualda Training Online, Argentina

June 2024

### Certified Personal Trainer and Gym Instructor

Gualda Training Online, Argentina

May 2024

### Seminar in Child Nutrition

Capacitarte University of Buenos Aires, Argentina

March 2024

### Certified Course in Sports Nutrition

Gualda Training Online, Argentina

September 2021

### Jazz Dance Teacher

Studio Paterno, Buenos Aires, Argentina

March 2013 - December 2017

## High School Degree in Economics and Administration

San José Institute, Buenos Aires, Argentina

March 2012 - December 2017

## Language

Advanced in English

Native in Spanish

## About me

Born on March 1, 2000, in Buenos Aires, Argentina, I'm a passionate health coach and personal trainer dedicated to promoting wellness and fitness. With a proven ability to motivate and inspire clients, I'm highly organized, adaptable, and skilled in problem-solving. My experience as a dance teacher provided me with excellent tools in various dance styles and stretching practices, which I still enjoy as a hobby. I'm eager to bring my energy, adaptability, and passion for wellness and movement to create memorable moments for guests at sea.

## Work Experience

### Health and Fitness Coach

April

2024

-

Now

Online services by Social Media (Instagram @camifoscaldi.coach)

- Design and implement personalized wellness plans for 6 or 12-week programs.
- Conduct weekly 1:1 virtual coaching sessions.
- Develop action plans to promote wellness and motivate clients towards a balanced lifestyle.
- Focus on holistic health encompassing mind, body, and soul with a bio-individual and multidimensional perspective.

### Au Pair - Cultural Care

Nov

2022

-

Nov

2024

New York, United States.

- Entertaining young children with arts, dance, and games.
- Managing daily routines and demonstrating flexibility and problem-solving with toddlers.
- Effectiveness in multicultural environments for work, residence, and communication.

### Administrative Accounting - Organizacion Caloso Seguros

April

2022

-

Nov

2022

General San Martin, Buenos Aires, Argentina.

- Managed accounting, payment collections, and cash flow.
- Supported the commercial sector.
- Handled supplier purchases and payment schedules.

### Documentation Analyst - for General Motors SRL

Feb

2021

-

April

2022

Vicente Lopez, Buenos Aires, Argentina.

- Analyzed and managed critical documents, ensuring compliance with multinational industry standards.
- Streamlined documentation processes to enhance efficiency.
- Collaborated with cross-functional teams to support project objectives.

## Skills

- **Motivational Coaching:** Inspiring clients and students to achieve wellness goals.
- **Communication:** Clear and effective communication skills.
- **Adaptability:** Flexibility in adjusting to client needs.
- **Organizational Skills:** Efficient planning of classes and sessions.
- **Problem-Solving:** Addressing challenges with creative solutions.
- **Interpersonal Skills:** Building rapport with clients and students.
- **Continuous Learning:** Staying updated with latest health and fitness trends.

## Other certificates

### Social Media & Personal Branding -

Hudson County Community College -  
May 2024

**Online Business** - Hudson County  
Community College - April 2024

**Communication Skills** - Monroe  
College - June 2023

**Personality Psychology** - Monroe  
College - May 2023

**Vital Signs** - Gualda Training -  
September 2021

**Cardiopulmonary Resuscitation** -  
Gualda Training - September 2021



## Work Experience

### Administrative assistant - Joyful S.A.

General San Martin, Buenos Aires, Argentina.

Mar  
2019  
-  
Feb  
2021

- Managed company reception and electronic billing.
- Organized and controlled stock for five stores.
- Set product costs and pricing.
- Provided telephone and email support to clients and suppliers.

### Party Entertainment Team Member - Encantados Glam.

General San Martin, Buenos Aires, Argentina.

Sep  
2018  
-  
Dec  
2019

- Welcomed guests and performed welcome dances.
- Led children's activities, including games, music, and face painting for ages 1-9.
- Hosted quizzes and music games for adults.

### Jazz Dance Teacher - Studio Paterno.

General San Martin, Buenos Aires, Argentina.

Marc  
2017  
-  
Dec  
2017

- Instructed jazz dance to children and teens aged 8-12.
- Developed choreography and fostered a passion for dance.
- Enhanced students' skills and creativity through structured lessons.