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Professional Objective

Apply knowledge in **Physical Education** and **Project Management**, focusing on strength training, individualized physical training, team leadership, and strategic development in the digital market, promoting health, well-being, and innovative results.

Summary of Qualifications

- Over **15 years of experience** in strength training, physical training, and fitness assessments, with more than **2000 assessments performed**.
 - Extensive experience in **project management, financial planning, and team leadership**, achieving significant results in resource optimization and organizational goals.
 - Aware of **digital market trends**, exploring opportunities for innovation in services and customer strategies.
 - Complementary skills in English and Spanish (intermediate level).
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Academic Background

- **Bachelor's Degree in Physical Education** – Federal University of Paraná (UFPR) – Graduation: 2012
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Additional Courses

- **Advanced Strength Training** – UFPR

- **Exercise Physiology** – Prof. Sérgio Gregório da Silva (UFPR, 2020)
 - **Health and Nutrition Integration** – Federal University of Ouro Preto (UFOP, 2017)
 - Focus on weight loss, immune system, and inflammation.
 - Training in programs such as Epi Info, Anthro, and Anthro Plus.
 - **Winter Course in the Postgraduate Program in Physiology** – UFPR (2016)
 - **Project Management and Team Leadership Certification** – Udemy (2022)
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Professional Experience

EW Fit – Sports Consultancy (2018 – Present)

- Personalized fitness assessments and student follow-ups in functional training, strength training, running, mobility, and stretching. Developed tailored in-person and online classes.
- Financial planning and strategic management of the consultancy, focusing on digital expansion.

Action Prime Gym (2015 – 2017)

- Coordination of strength training and personal training, including fitness assessments and technical support.
- Team leadership to optimize services and ensure client satisfaction.

RUN4CHANGE Project (2013 – 2016)

- Team coordination for participation in international half marathons.
- Resource management and logistics for large-scale events.

Premier IT – SIPAT and Workplace Exercise Program (2011 – 2017)

- Implementation and management of workplace exercise programs and annual fitness assessments for large teams.

- Development and execution of projects aligned with organizational goals.

Space Gym and Flex Gym (2011 – 2014)

- Planning and execution of strength training sessions, running coaching, and supervision of running projects.
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Technical Skills

- **Project Management:** Planning, execution, and monitoring using agile methodologies (Scrum, Kanban).
 - **Software Skills:** Microsoft Office (Word, Excel, PowerPoint), digital management tools (Trello), and fitness monitoring devices.
 - **Social Media Management:** Practicing and studying daily content creation, production, and editing for social networks.
 - **Languages:** Basic English and Spanish (studying daily).
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Other Professional Experiences

- Recreation – Turma do Tio Pipoca (2007)
- Jogos do Sul – Caixa Econômica Federal (2007)
- JOCOPS – School Games of Paraná (2007/2008)
- Paraná in Action / Fitness Assessment – Paraná Sports (2008)
- FERA Project / Fitness Assessment – PR Sports (2008)
- Coordinator/Instructor – Workplace Exercise Program at 10 Pastéis Ltda (2007/2008)
- Intern at HP – Sports Coaching for Runners (2008)
- Theatrical Dynamics and Workplace Exercise (Coordination) – SIPAT 2011 – Premier IT
- Fitness Assessment and Functional Training – SIPAT 2012/2013/2014/2015 – Premier IT

- Fitness Assessment (280 employees) – NISSEI – Pharmacies and Manipulation (2012)
 - Vida Plena Gym – Strength Training, Physical Conditioning, Fitness Assessments, and Running Coaching (2009/2010/2011)
 - Botânico Pilates – Responsible for Fitness Assessments (2012)
 - Flex Gym (Boa Vista and Capão da Imbuia) – Strength Training, Running Coaching, Personal Trainer, and Fitness Assessments (2011/2012/2013/2014)
 - Space Gym – Strength Training and Coordinator/Instructor of External Running Projects (2013)
 - Coordinator/Instructor of RUN4CHANGE Project – Rio de Janeiro International Half Marathon (2013/2015/2016)
 - Strength Training Instructor at SESC (Água Verde) – 2014
 - Coordinator/Instructor of Workplace Exercise Program – Premier IT (2013/2014/2015/2016/2017)
 - Action Prime Gym – Responsible for Coordination/Consultancy/Instruction in Strength Training, Fitness Assessments, and Personal Training (2015/2016/2017)
 - Moby Dick Gym – Strength Training Instructor (2018).
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