



# Castets Bautista

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## Personal Profile

I'm a certified personal trainer with experience in workout planning, physical guidance and personalized support.

I stand out for my communication skills, empathy and motivation—qualities I consider essential when working with people of different ages and fitness levels.

I also have experience in customer support and technical assistance, which allows me to easily adapt to multicultural and high-pressure environments. I'm seeking an opportunity where I can combine my passion for wellness with teamwork and quality service.

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## Work Experience

### Personal Trainer – Freelance

2024 - Present

- Designed personalized training plans based on individual goals (strength, endurance, aesthetics).
- Provided guidance on exercise technique, basic nutrition and progress tracking.
- Conducted both in-person and remote (online) training sessions.

### Customer & Technical Support – Coderhouse | 2021 - 2023

- Delivered personalized support to users in a digital learning environment.
  - Solved issues and answered questions about products and services, improving the user experience.
  - Developed strong communication skills, clear writing, and empathy toward clients.
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## Education

### High School Graduate in Graphic Design

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## Courses & Certifications

- Certified in Strength Training, Personal Training and Fitness Preparation – Enzima
  - UX/UI Design – Coderhouse
  - Web Development – Coderhouse
  - JavaScript & React.js – Udemy
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## Skills

- Personalized workout planning
- Physical guidance & client motivation
- Empathy and clear communication
- Adapting to diverse user needs
- Working under pressure and in teams
- Intermediate English