

# VENUS MARIA OVIEDO GUTIERREZ

- Excellent communication
- Solid negotiation and persuasion
- Good problem solving
- Considered decision-making
- Goal orientated
- Strong teamwork
- Adaptable to change
- Experienced in leadership

**STCW Courses** (Prevention and Fight against Fires/Personal Survival and Survival at Sea/First Aid/Crow Management, Passenger Safety and Safety Training/Crowd Control).  
**March 2020.**

## AREAS OF PERFORMANCE

- Negotiating • Creating and maintaining operational processes • Microsoft Office Suite
- Social media account management • Creating and maintain professional connections and networks

## CONTACT DETAILS



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Cali (Valle). Colombia.



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## BASIC INFORMATION

Wellness and Fitness Trainer at Steiner London Academy; performing functions such as functional training, aerobics, CrossFit; TRX, Yoga, Pilates, Fight Club and Meditation, providing to the client with all the disposition and enthusiasm so that each day they improve their sporting and emotional progress

Professional diver (Dive master), using all my knowledge at the service of entities of dive shops for the guidance and management required to lead groups from different countries providing English speaking security in communication before each dive, visiting determining reefs such as: Cancun, Riviera Maya, Cozumel, Playa del Carmen, Akumal, also in areas such as Costa Rica in: the bay of Guanacaste, and Punta sands. Later I worked in a dive boat (Live aboard) with a panama route to Malpelo island and Buenaventura to Malpelo island Colombia.

## EDUCATION

### UNIVERSITY:

**2000.** Chemical Analyst. Santiago de Cali University

### DIPLOMAT:

**2021.** Sports Coaching and High Performance Psychology. Politécnico Superior de Colombia.

**2019.** Fitness and Muscular Training. Politécnico Superior de Colombia.

**2019.** Senior Management in Sport. Politécnico Superior de Colombia.

**2018.** Sports Training. Politécnico Superior de Colombia.

**2018.** Physical Conditioning for Integral Wellness (Fitness and Wellness). Politécnico Superior de Colombia.

**2018.** Physical Activity and Health. Politécnico Superior de Colombia.

### SPECIALIZED COURSES:

**2020.** Fitness Business School Training. Steiner London Wellness Academy

**2008.** Divemaster. PADI.

## PROFESSIONAL EXPERIENCE

### **2024. (March to date).**

Marella Cruises Line | One Spa World | Personal Trainer.

### **2023. (April to December).**

Regent Cruises Line | One Spa World | Fitness Director.

### **2022. (February to July).**

Norwegian Cruises Line | One Spa World | Personal Trainer.

### **2020. (February to July).**

Pullmantour Cruises Line | One Spa World | Personal Trainer.

### Functions Performed:

- Adapt and vary training for the guests.
- Establish progressive workouts to improve physical level.
- Inform about aspects related to health, nutrition and physical activity.
- Provide motivation to achieve goals and maintain consistency.
- Sale and commercial management of the company's products and/or services.

**2018.** Colombia Adventures. Divemaster in boat operation.

**2012-2015.** Paradise Dive Shop. Divemaster in boat operation.

**2009-2011.** Scuba Cancun Mexico. Divemaster in boat operation.

**2009.** Vallarta Adventures Mexico. Divemaster in boat operation.

### Functions Performed:

- Prepare and check diving equipment before each dive.
- Plan the dive taking into account site conditions, time and depth.
- Perform a safety check before entering the water.
- Dive according to established plans and procedures.
- Perform a safety check after leaving the water.