Allan Fernando Oliveira Ossete

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Mobile: (43) 99871-3087 Date of Birth: 21/05/1997

Professional Experience

● Since 2020, I have also been working as a freelance Personal Trainer.

● 2022 to 2023: Decathlon as a Senior Technical Salesperson.

● HIFT - Centro de treinamento funcional e musculação (Functional Training and Bodybuilding Center), from 2017 until the end of 2021, progressing from the position of intern to room supervisor.

● Instituto Filadélfia de Londrina, from 07/11/2016 - 14/07/2017, in the role of general office assistant, working in the institution's pharmacy.

● Instituto Leonardo Murialdo, from 12/05/2014 - 12/04/2016, in the role of general office assistant, working as an apprentice within U.E.L - Universidade Estadual de Londrina, specifically in the materials directorate.

Academic Background

* Completed higher education: Bachelor's degree in Physical Education
* Thesis title: Body balance in the elderly, concepts of assessment, and training methods.
* DoFit certification in Functional Physical Training
* Extension Event: XIII International Seminar on Physical Activity for the Elderly (22 hours of the event, held at the State University of Londrina)
* Various courses and activities related to the sports field.

Additional Information

• Intermediate English (continuing to study).

• Experience in team management and customer relations.

• Driver's license.

• Passion for physical and intellectual development.