



SOFIA OLMOS OLIVERO

~ P H Y S I C A L E D U C A T I O N T E A C H E R ~
~ D I G I T A L T R A F F I C K E R ~



21/06/1996



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General Pico, La Pampa, Argentina

ABOUT ME

Coach trainer with more than 5 years of experience working with people in different fitness and wellness environments and with skills developed in local and international environments. Currently, expanding knowledge in the digital field as a Digital Trafficker student. Passionate about continuous learning and adapting to new challenges. Recognized for my great organizational skills, my attention to detail, my adaptability, energy and entrepreneur character.

WORK EXPERIENCES

Fitness Coach

"Functional 45" Munich. | October 2022 - October 2023

- Workout explanation and demonstration.
- Correction of the technique in the execution of the exercises, adaptation of the same and motivation.
- Customer service, advice, sales team and strategies and social media team.

Teacher

"Mariposa" and "Manuelita" Kindergarden. | February 2023 - June 2023

- Pedagogical assistance, games and activities like handcrafts with childrens from 1 to 5 years old.

Rider

Gorillas Gbmh, Munich. | July 2022- December 2022

- Supermarket delivery in electrobike.

AuPair

Munich. | June 2021 - June 2022

- Cultural exchange program, where you live with the family, work taking care of the children and take a local language course.

Personal Trainer

Privates clients and groups. Argentina. | April - May 2021

- HIIT, Functional, Zumba, 3er age, Swimming lessons.

Physical Education lessons and Teacher Assistance

Schools in La Pampa, Argentina . | April - May 2021

Swimming Instructor

Privates clients and groups. Argentina. | November 2020 - March 2021

"Natatorio Monte Hermoso". Argentina. | March 2020.

- Aquagym, sport swimming, lessons for babies

Virtual Fitness Lessons

"Natatorio Municipal Monte Hermoso" Argentina | April - August 2020

- Zumba/Zumba strong.

Entertainment and Recreation

"Complejo Americano" Monte Hermoso, Argentina. | November 2019 - February 2020
| December 2018 - March 2019

- Aquagym, beach tournaments, summer school for kids, zumba.
- Responsible for the Recreation and Animation team.

Fitness Coach

"I feel good" Gym, Bahía Blanca, Argentina. | October 2019 - November 2019

"Aircross" Gym, Bahía Blanca, Argentina. | April 2019 - June 2019

- Functional, Bodytotal, Zumba and Streght.

*More experiences in fitness instructor, teacher, sales and housekeeping available upon request.

EDUCATION

Flores National University (Universidad Nacional de Flores)

Buenos Aires, Argentina | March 2019 - December 2020

- Bachelors in Physical Education, Sports & Recreation/ I attended to all the courses but didn't officially graduate because of not presenting my final thesis.

Institute for Higher Education in Teacher Training N°86 Cacique Valentín Sayhueque" (ISFDN°86)

Bahía Blanca, Argentina | March 2015 - December 2018

- Physical Education Teacher.

Secondary School N°1 Ingeniero Esteban Dufaur,

Monte Hermoso, Buenos Aires, Argentina | December 2013

- Baccalaureate in Natural Sciences.

LANGUAGES

Spanish
Native.

English:
Intermediate.

German:
Basic-Intermediate

PERSONAL SKILLS

- Committed
- Empathic
- Fast-learner
- Flexibility
- Eager
- Team worker
- Coaching
- Attention to details
- Ambitious

PROFESSIONAL SKILLS

- Communication capacity.
- Development of ideas and innovation capacity
- Identification of opportunities and problem solving.
- Windows Pack
- Canva
- Social Media

ACHIEVEMENTS

- Experience living in Germany for 2 and a half years and working in different jobs.
- Keeping an organized schedule by fulfilling three different jobs with different responsibilities.
- Completed my four years of professional studies while also dedicating to my athletic training.
- I have been able to help my clients achieve their physical goals and, for example, lose their fear of swimming.
- I have challenged myself by working in another language.