

Mauricio DE LA ROSA

FITNESS TRAINER & LIFE COACH

EXPERIENCE

CEO & FOUNDER - EVOX BARCELONA

Fitness and Wellness Company. Barcelona, Spain

2021 - Present

Director and Founder of the Company. Additionally, I serve as a trainer, facilitator of mindfulness workshops, and team-building activities.

LIFE COACH - ONLINE COACH

2023 - Present

Guide for Individuals in Identifying and Achieving Their Personal and Professional Goals

CO-FOUNDER & HEAD COACH, FITPACK BARCELONA

Fitness Company, Barcelona, Spain

2019 - 2022

Head Coach responsible for leading, managing, and evaluating teams of trainers. Additionally, tasked with designing training programs and classes.

TECHNICAL DIRECTOR. PALMARES GYM

Physical Training Gym, Mendoza, Argentina.

2017 - 2019

Responsible for leading and creating programs for high-performance athletes and health.

CROSSFIT COACH

Andino Training Center, Mendoza, Argentina

2015 - 2019

Coach responsible for developing training programs and classes. Additionally, tasked with leading training sessions for new coaches.

EDUCATION AND TRAINING

PHYSICAL EDUCATION TEACHER 2010 - 2015

Physical Education Institute 9-016 "Dr. Jorge E. Coll"

PERSONAL TRAINER COURSE 2015 - 2016

Physical Education Institute 9-016 "Dr. Jorge E. Coll"

CROSSFIT AND UNCONVENTIONAL TRAINING 2017

Andino Training Center, Mendoza, Argentina

ANIMAL FLOW LEVEL 1 CERTIFICATION 2020

Barcelona, España

IDENTITY LIFE COACHING 2022

Fundares. Barcelona, España



CAREER OBJECTIVE

To continue developing my skills and learning new competencies while traveling the world and experiencing new cultures. I am seeking opportunities in gyms, training centers, and holistic wellness centers.

CONTACT

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- Barcelona, España.

KEY SKILLS

- Leadership:** Project execution and team management.
- Proactivity:** Strategic planning and efficient management.
- Personal Connection:** Excellent interpersonal skills.
- Education:** Passion and dedication for teaching and training.

LANGUAGES

- Spanish: Native
- English: Fluent
- Portuguese: Basic