

# Gastón E. Sarria

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## EMPLOYMENT HISTORY

### **Rain Storm SRL — Sales manager and technician manager**

2010 - 2022

Training and coaching in direct sales

Repair and quality check of medical devices

### **Self employed—Personal Trainer**

2018 - 2023

Training groups and personalized coaching.

Nutritional advice and follow up

More at [instagram.com/fribodi](https://www.instagram.com/fribodi)

### **SportClub Plaza Italia — Manager**

2019 - 2020

Administrative tasks and personal management

Sales of membership (both in spanish and in english).

### **Almacén Casa Granja—Manager**

2023 - IN PROGRESS

Sales of organic products.

Conscious eating

Harvest and selection of vegetables

## EDUCATION

### **Technician School N° 32 “Gral. José de San Martín”**

2006 - 2012

Specialist in machine tools.

### **ICNS (Instituto de ciencias de nutrición y salud)**

2017-2018

Sports nutrition diploma. (España)

### **Sports Institute (Instituto Ferrocarril Oeste)**

2018–2019 (Personal Trainer)

## WORKSHOPS

.Dale Carnegie institute:  
Leadership, public speaking  
and human management.

. El Club de la fuerza:  
powerlifting.

. Wim Hof Method. (stress  
management and  
mindfulness).

. STA (Steelmace Argentina)  
Clubbells and mace training

.KBLA (kettlebell  
latinoamerica)

Kettlebell training and  
conditioning level 2 (max  
level)

## SKILLS

.I am fluent in customer  
service and have extensive  
experience in sales, both  
telephone and face-to-face.

.I actively practice  
calisthenics and yoga that I  
have learned self-taught.

.I have extensive knowledge  
in anatomy, nutrition and  
supplementation thanks to  
my own experience and  
training..

. I'm a barista so i know  
methods of filtration and  
coffee brewing including  
espresso machines..

## LANGUAGES

. Native Spanish

.Intermediate english

.Basic portuguese