



# Duван Felipe Sabogal Rodriguez

Bachelor's Degree in Physical Education, Recreation, and Sports.

## CONTACT

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## SKILLS

- Leadership
- Communication
- Decision Making
- Time Management
- Teamwork
- Strategic Thinking

## DESCRIPTION SKILLS

- -Leadership: Ability to lead teams, motivate members, and foster collaborative work to achieve common goals.
- Teamwork: Skill in collaborating effectively with other professionals, sharing knowledge, and generating joint solutions.
- Communication: Ability to convey information clearly and accessibly, adapting to different audiences and contexts.
- Sports Nutrition Counseling: Knowledge in planning diets and nutritional strategies to optimize sports performance.
- Physical Conditioning: Design and implementation of personalized routines to improve strength, endurance, flexibility, and overall health.
- Motivation and Support: Ability to guide, motivate, and support others in their physical and personal development, ensuring their overall well-being.

## ABOUT ME

My name is Duван Feipe Sabogal Rodriguez, a Bachelor's degree holder in Physical Education and Sports, with seminars in sports nutrition and physical conditioning. I am committed to the holistic development of individuals, using my knowledge to promote healthy habits, improve physical performance, and encourage an active and balanced lifestyle. I stand out for my leadership skills, teamwork, and ability to share knowledge effectively.

## EXPERIENCE

- Design and implementation of physical training programs tailored to the individual and group needs of students/athletes.
- Conducting workshops and educational activities focused on healthy habits, sports nutrition, and physical conditioning.
- Coordination and supervision of teams, fostering a collaborative and high-performance environment.
- Personalized advice on nutrition and health to improve sports performance.

## WORK, COURSES, AND CERTIFICATIONS

2018

I worked at Club Fitness Vineyards in Homestead, Florida, USA - 520 SE 37th Ave, Homestead, FL. Personal Trainer - 1 year of experience.

2019

Gym Centro de Entrenamiento Deportivo Banderas - Full-time Trainer - 1 year of experience.

2020

International Seminar on Fitness, Training, and Nutrition for Health at ECEP.

2020

Sports Nutrition Seminar at Fitlab.

2024

Graduated with a Bachelor's Degree in Physical Education, Recreation, and Sports. Universidad Libre

## LANGUAGES

- spanish
- english