



# SENA DOS SANTOS RENATA

## Personal information:

Birth date: 02/ 09 / 1982

City / Estate/ Country Salvador/ Bahia / Brazil

E-mail: re.sena4@gmail.com

Phone: 55 71 99404-3233

ID Skype: renyvirginiana

Person to contact in case of emergency: Sena dos Santos Renailton / Dos Santos Sena Ana Maria

Relation to applicant: Brother / Mother

Phone: +393283080178 / +55 21 98183-9253

## Qualifications Summary/ Areas of Expertise:

Bachelor of Physical Education

Specialization in Exercise Physiology Applied to Rehabilitation

Theoretical Practice in Cardiovascular and Metabolic Rehabilitation

Massage Therapist

My training starts with an introduction: My name, type of training, training time and if any participant has any restrictions, beginner to intermediate level in order to include everyone in the classes. For 5 years I was part of the Iberostar family where I was able to improve some experiences with in-house courses offered by the company, but not certified. All my life has been in contact with multicultural people. When I was a dancer, I could know some different culture.

## Goals:

Fitness Instructor  
Massage Therapist  
Receptionist  
Coordinating fitness  
Supervisor Spa  
Sales Assistant

## Languages and computer skills:

**Skills|Level** (Intermediate English, Italian fluent, Spanish fluent , Portuguese mother tongue)  
Basic computer skills, internet.

## Academic and Extra Courses Background:

High School or University

**NAME OF INSTITUTION** Uniasselvi | **COURSE** Education Physical | **LOCATION** Lauro de Freitas Bahia | **YEAR ATTENDED** 2019

Extracurricular courses

**NAME OF INSTITUTION** Mente&Physio | **COURSE** Therapist Massage/ Ventosaterapy |  
**LOCATION** Av Tancredo Neves Salvador | **YEAR ATTENDED** 2020

## Experience (Formal + Informal / Freelancer):

Last job was with the Iberostar family in the fitness area 11 months ago. Informal project in the neighborhood during the pandemic period, I resold natural products, online classes. I currently live in Morro de São Paulo working in my informal area, massages all here. I formally worked as a fitness instructor but I have always worked as a supervisor and currently I coordinate a studio alone from 7 am to 1 pm every day.

**COMPANY** Iberostar | **POSITION** teaching | **FROM** dd/mm/aaaa **TO** dd/mm/aaaa

Water aerobics Rhythms Cardio abs Zen classes Functional training

## International Experience / Volunteer / Leadership

**YEAR** | **LOCATION** | **NAME OF ORGANIZATION** | **POSITION** | **RESPONSIBILITY** |

In 2004, I leave Brazil to dance in large resorts in some parts of Europe. Seasons from 3 to 6 months. I lived 3 years in Italy, studied the language and freelanced samba dancer ,gym class. When I returned to Brazil projects with capoeira, studies... All this time my responsibility went. All the while my responsibility was to convey joy and well-being to everyone who watched the Brazilian show with a beautiful smile and much energy.