



Javiera Stone Farias

Physical Education Teacher

PROFILE

Enthusiastic, proactive and passionate. Enjoys sharing wellness knowledge, inspiring both adults and seniors. Experienced in leading, adept at training, motivating and developing others. Physical education teacher with the capacity to helping children progress, providing positive learning experiences as well as motivating them to improve themselves everyday in sports and academically. Instills students to take care of their own physical and mental well-being.

WORK EXPERIENCE

Stone Holistic Center | Therapist and Wellness Coach

2022 – 2024

Provided individual and family therapy sessions, helping clients achieve measurable improvements in mental health. Designed and led therapeutic activities that promoted emotional expression and resilience. Contributed to teaching courses in Reiki and Holistic Therapy.

Pedro de Valdivia School | Bilingual PE Teacher

2022 – 2023

Organized and supervised extracurricular sports events and competitions, fostering a sense of teamwork and sportsmanship. Educational lessons planned in coordination with other sports teachers and related academics.

CDS Providencia | Gymnastics and Yoga Teacher

2019 – 2021

Developed and implemented a physical education curriculum that catered to diverse student needs and learning styles. Promoted teamwork through group sports activities and couple games.

Termas El Corazon Spa | Hidrogym and Pilates Teacher

2018 – 2019

Provided health and fitness education. Provide daily instruction of hidrogym and pilates class across ththree different skill levels. Personally organize workshops to guests. Helped keep facilities clean and organized for guests.

Recrear Club | Hidrogym and Swiming Teacher

2017 – 2018

Developed and implemented hidrogym classes tailored to need of each client, ensuring they met their individual goals. Organized best swiming practices and safety protocols to ensure the highest quality of instruction.

✉ contacto.javierastone@gmail.com

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📍 Av. Vicuña Mackenna 54,
RM, Providencia, Chile

EDUCATION

- **Andres Bello University**
Master in Sports Management
Completed in 2020
- **Andres Bello University**
Postgraduate degree in Planning and Sports Projets
Completed in 2019
- **Andres Bello University**
Postgraduate degree in Sports Management
Completed in 2018
- **Metropolitan University of Educational Sciences**
University degree Physical EducationTeacher
Completed in 2015

SKILL

- Management Skills
- Leadership
- Self-motivation
- Adaptability
- Communication Skills

LANGUAGE

Spanish English
Native **Advance**