

JAVIERA DÖLZ



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Chilena/Italiana.



24/08/1999



• ABOUT ME

I am a proactive person, an excellent team player, organized, and responsible. I really enjoy learning new things, so my goal is to have a challenging and dynamic position where I can share my experience while gaining new knowledge.

• EDUCATION

Original Romana's Pilates Bologna

Basic program 01/2024- 03/2024

Universidad Mayor

Graduated in Physical Education, Sports, and Recreation for elementary and high school education. (2018-2023)

Assistant in subjects, dance, and body expression."

San Felipe Diacono School

2004-2017, Elementary and High School.

• TEACHING INTERSHIP

German School, Las Condes

2018. Assistant in sports activities for elementary and high school.

San Felipe Diacono School

Online activities and classes (Pandemic).

Southern Cross School

(Taught the subject directly for half a year) and assisted in athletics and rhythmic gymnastics workshops.

Amanda Labarca High School

(Half a year, assisted the homeroom teacher for 7th grade and created folkloric dances) Direct participation in body expression workshop.

• WORK EXPERIENCE

Work And Travel in U.S.A

Boreal, California. 2020.

Kitchen Assistant and Waitress

Receptionist at a Ski Center.

Practiced English.

Fashion Store, Casa Moda.

Social Media Management,

I developed my communication and customer service skills, learned to work with Excel.

I learned to manage social media platforms like Instagram and TikTok, created videos and photos.

I wrote creative texts for their social media and magazines."

Personal Trainer and Swimming Teacher Energy Gym, Mall Sport.

I developed my skills as a physical education teacher, explored new experiences.

I had to learn to sell training programs.

I learned to work as part of a team.

Performed assessments using INBODY machines.

I was responsible for social media and creating texts to attract clients.

Ximena Salas, Las Condes

Social Media Management

Ximena Salas, Las Condes

Responsible for taking photographs and videos.

I learned to use editing and content creation programs.

I worked directing photo sessions.

I learned to use tools to increase sales and followers.

I developed my creativity.

• HABILIDADES

- Skills in Microsoft Office (Word, Excel, PowerPoint)
- Good interpersonal relationships and team spirit.
- Proficient with information technology and social media.
- Sales and customer service skills.
- Writing and content creation skills.
- Courtesy and kindness in dealing with people.
- Leadership abilities and motivation skills.
- Willingness for continuous learning.
- Experience leading group classes.
- Ability to create personalized training programs.
- Empathy to understand the personal needs and goals of others.

• LENGUAGUE

Native: Spanish

- English: B2
- Portuguese: C1
- Italian: B2

Lx Hill Hostel, Lisbon, Portugal 2023

Webpage and content creator for the Hostel

I worked with Booking and Excel.
Experience in team management.
Reception and customer service.

• **Physical Education Teacher**

Summer Camp, Club Croata, 2022

Responsible for organizing activities and dividing the groups.
Developed communication and problem-solving skills

Personalized Swimming Classes, by myself
I taught both group and individual swimming classes.
I developed my creativity and ability to plan schedules and lessons.
I worked with different age groups, from 6 months to 75 years old.

• **Waitress and Balcony Service**

Marginal Restaurant, Peniche, Portugal 2023
I learned the Portuguese language.
Worked as part of a team.

Pilates Instructor

Academia do Pro, Peniche, Portugal 2023
Taught mat and ball Pilates classes.

Panaderia do Marquito, Ferrel, Portugal 2024

Teamwork
Barista and Breakfast Service

Baby Sitter (Currently)

I take care of babies from 5 months and older. I am proactive and stimulate them for healthy growth.
I have cared for groups of siblings, up to 5 children, where I developed my creative and organizational skills due to the diverse age groups.
I have worked as a babysitter in Chile, Italy, and Portugal.
Care for babies and children.