Obeid Abdulla

TRAINER, WAITER, COOK, SECURITY

28 грудня 2021 Місто: Київ

Вік: 26 років
Режим роботи: повний робочий день, сезонна робота, додатковий заробіток
Категорії: Охорона, безпека, Ресторанний бізнес, кулінарія, Туризм та спорт

✔ Готовий до відряджень

Увійдіть або зареєструйтеся на сайті як роботодавець, щоб бачити контактну інформацію.

Опис

Passionate Personal Fitness Trainer adept at making workouts fun and rewarding. Expertise in instructing clients on proper lifting techniques and educating clients on proper nutrition and hydration needs.

Experience providing instruction for one-on-one sessions. buddy sessions, and group fraining classes. Tactful Fifness Trainer with 3-year background in health and fitness industry.

Keeps abreast of latest health and fitness research and developments. Develops customized programs targeted to client goals and skill level.

Productive Waiter with distinguished understanding of administration dining and establishments. Skilled at increasing sales of specials and beverages with excellent salesmanship and success in handling over4 fables at once. Committed to effective collaboration and excellent service.

Work history

2016-07-Restaurant Waiter

2017-06 Sultan Ibrahim, keserwan. jounieh

Arranged tables for customers, following

established preparation procedures to provide

guests with excellent experiences and foster repeat

business.

2018-06 Bartender

2018-08 Raw, Beirut. Dora

Polished glassware, bussed tables and removed

debris to keep customer areas fresh and clean.

Upsold menu items to customers. driving up per sale

revenue and maximizing profits.

2019-04 - Lifeguard

2019-06 Funplanet. Jbeil, byblos

Met regulatory compliance for staff members and
led safety training to enhance lifesaving skils.

2019-09 Pub Runner

2020-12 Apollo Pub. Kaslik, jounieh

Maintained kitchen productivity, guaranteeing
fimely preparation and serving of dishes in
alignment with customer specifications.

Garnished dishes and quickly delivered items to
CUstomers. minimizing wait times.

Delivered food items to tables ensuring each
restaurant patron received correct order.

2019-03-Kids Trainer

2021-1-02 Online, keserwan. jounieh

Motivated clients to achieve their personal fitness
goals through developing and modifying routines.

Education

2016-01 High School Diploma

2018-07 Cortbawi Institut Lebanon Jounieh

Additional information

I have Russian citizenship. and I speak the language. read and write it

And I have a good command of the English language

I am also good at Classical Arabic.