

# Obeid Abdulla

## TRAINER, WAITER, COOK, SECURITY

⌚ 28 декабря 2021 ⚽ Город: [Киев](#)

Возраст: 26 лет

Режим работы: полный рабочий день, сезонная работа, дополнительный заработка

Категории: Охрана, безопасность, Ресторанный бизнес, кулинария, Туризм и спорт

✓ Готов к командировкам

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### Описание

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 training classes. Tactful Fitness 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 over 4 tables 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 skills.

2019-09 Pub Runner

2020-12 Apollo Pub. Kaslik, Jounieh  
Maintained kitchen productivity, guaranteeing timely 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.