



CHARBEL MANSOUR

Job Seeker

SUMMARY

My Passion for fitness and sport has been with me since childhood and due to some circumstances, it wasn't till 3 years ago that I got the chance to pursue it.

However my career began in the F&B operation where I cultivated up to 14 years of experience. Started as a simple "Runner" and climbed up the ladder to become a "Restaurant Outlet Manager". I worked In "Fast Food Chains" as well as in "Fine Dinning".

After earning my Personal Fitness Trainer certification from Antonine University Baabda, I have been working as a freelance personnel trainer and growing my own small business (C.Coaching.lb) while being a proud member of the "Hilton Hotel" fitness team. I also got the opportunities to work as a fitness instructor at "Broumana High School" and hosted several sport episode at "Alaraby TV" conduct one-on-one training sessions, as well as cardio, weight training and wellness programs.

EDUCATION

Antonine Sport Academy School Of Baabda

02/2017 – 02/2018

Technical Baccalaureate in Physical Education & Personal Training.

Antonine Sport Academy School Of Baabda

02/2016 – 02/2018

Certificate in Strength & Conditioning.

SKILLS

Language Skills

- Arabic: Native
- English: Intermediate
- French: Intermediate

Technical Skills

- Microsoft Office
- Accounting Data Entry
- Omega System
- Squirrel System

Restaurant Skills

- Customer Service
- Listening
- Problem Solving
- Team Leader
- Pre-opening knowledge
- Handling suppliers & restocking

Fitness Skills

- Coaching and Motivating
- Safety Awareness
- Knowledge of Anatomy
- Physical Fitness & conditioning
- Nutritional Knowledge

CONTACT

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HOBBIES

Body Building
Swimming
Basketball
Cooking

REFERENCE

Upon Request

WORK EXPERIENCE

Broumana High-school – Fitness Instructor
2019 – 2020

Alaraby TV – TV Host
2019 – 2020

Hilton Hotel Beirut – Fitness Instructor
2017 – 2020

C.Coaching.lb – Business Owner
2017 – Present

DUO Restaurant – Floor Manager
2017 – 2017

GS Dbayeh – Sales Man
2016 – 2017

Nasma (Dbayeh & Broumana) – Assistant Manager
2014 - 2016

Roadster Dinner – Team Leader
2013 - 2014

Lina's – Supervisor | Outlet Manager
2010 – 2013

Harbor 201 – Captain
2008 – 2010

Watermelon – Head Waiter
2005 – 2008