



TAMARA SAYAGO



WORK EXPERIENCE

Billing Clerk - Daily Credit Company (2024)

- Recorded payments in the system and managed account balances.
- Registered new clients and processed cancellations.
- Managed information and money responsibly.

Babysitter (2023–2024)

- Daily care and supervision of children aged 5 and 8.
- Planned routines and recreational activities.
- Developed skills in responsibility, empathy, and organization.

Freelance Photographer (2019–2022)

- Conducted photo sessions for individuals and events.
- Edited and delivered professional material.
- Promoted services through social media and networking.
- Developed technical, creative, and customer service skills.



ADDITIONAL TRAINING

• Certified Pilates Instructor

Intensive program (7 months)

Equipment: Reformer (Levels I, II, III), Classical Mat Pilates (floor – Pre-Pilates and Progressive), Combo Chair, Ladder Barrel, Spine Corrector, Cadillac, Springboard, Elements and Accessories.

Practical training: 12 hours of practice, 12 hours of observation and assistance, 12 hours of supervised classes with a certified instructor.

• Photography Courses (Fotix)

Level 1: Basic Photography

Level 2: Creative Photography

Level 3: Professional Photography

• Photography Course (LuPeis)

Beginner, Intermediate, and Advanced levels.

• Languages

Spanish: Native

English: Basic

Portuguese: Basic

Student of the Bachelor's Degree in Physical Education with a background as a Pilates Instructor. Passionate about body movement, teaching, and physical well-being. With educational vocation, empathy, and commitment, I aim to apply my knowledge in fields related to health, physical education, and customer service, especially in dynamic environments such as cruise lines.



EDUCATION

National University of La Matanza

Bachelor's Degree in Physical Education

- In progress

Escuela Secundaria N°43

High School Diploma in Physical Education, 2018



CONTACT INFORMATION

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