

ANGEL ALEJANDRO RODRIGUEZ DIAZ

C.C. 1000242235 - Date of birth 25 de agosto de 2001 Calle 68 No. 00-25 int. 1 Apto. 304. Bogotá. Cel. 313 447 5522. angelalejandro645@gmail.com Instagram: @a_alejandro025

Job Goal

As a Master in Personal Trainer, Master in Sports Nutrition and Professional in Sports Training, I apply my skills and experience to coordinate activities in the area. I teach group classes like stretching, functional, HIFT, GAP and Crosstech as a Trainer in a gym. In addition, I have technical and management skills that ensure the quality of athletic activity processes. My commitment is to provide high-level training, promoting physical well-being and a positive environment. I also have experience selling training plans, developing programs adapted to trained and untrained people, setting achievable goals and adapting training according to individual needs and capabilities. My dedication seeks to support others

Career Profile

As a young and dynamic professional, I aspire to build a successful career within your organization, enriching your team with outstanding leadership, teamwork and creative complex problem solving skills. My previous experience has prepared me to make effective decisions under pressure, thus driving the team's progress towards ambitious goals. My ability to adapt to diverse environments and my firm commitment to continuous learning ensure excellent performance in problem solving and delivery working as a team and growing together. I am excited to contribute my experience and skills to the success of your company, and I am committed to continue growing and developing professionally in your organization



Education

- Maestría internacional en Personal Trainer - Esneca Business School (Esp) 2024 -
- Maestría internacional en Nutrición Deportiva - Esneca Business School (Esp) 2024 -
- Profesional en Entrenamiento Deportivo - Fundación Universitaria del Área Andina Bogotá, Colombia. 2017- 2023
- Certificado en Psicología de Alto Rendimiento Deportivo - Barca Innovation Hub 2021- 2022
 - Alto Rendimiento en Entornos 3.0
 - Claves Psicológicas del Entrenamiento y Competencia de Alto Rendimiento Deportivo
 - Liderazgo de Alto Rendimiento
 - Fortaleza Mental en Atletas
- Diplomado en Coaching deportivo y Psicología deportiva - Politécnico Internacional octubre del 2020
- Seminario habilidades blandas y liderazgo – Universidad el Rosario 2022
- Diplomado de Nuevas Tecnologías del Entrenamiento – Politécnico Superior de Colombia 2023
- Diplomado en Entrenamiento Personalizado - Politécnico Superior de Colombia 2023

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Experience

- Director Técnico Boccherini F.C categoría sub 15 y sub 10 (Enero-Octubre 2021)
- Entrenador pausas activas MMP procesos de calidad y salud (Abril - Septiembre 2022)
- Entrenador planta Bodytech (Mayo 2022 - agosto 2023)
- Preparador de Arqueros Boccherini F.C (Julio - Noviembre 2023)
- Entrenador pausas activas MMP procesos de calidad y salud (Agosto 2023 - Enero 2024)
- Entrenador y Asesor comercial Healthy Gym (Noviembre 2023 -

Language

Spanish native

English Intermediate

Sports Career

- Copa Trinche 2024
- Portero Primera C 2021
- Portero Boccherini desde 2019
- Torneo DBS campeón 2019-2021
- Torneo de las Américas 2019
- Octagonal Tabora 2018
- Portero divisiones menores de CLUB LA FORTALEZA
- Participación en la liga Nacional y en la Liga de Bogotá con el club FORTALEZA
- Torneo internacional de Cartagena 2018, 2017 y 2016
- Hexagonal Sur Oriente 2017.