

HOJA DE VIDA



Personal Data

Datos personales

Name: Alejandro Baena Trujillo

ID: 1017224088

Place of birth: Medellín

Date of Birth: October 19, 1994

Marital Status: Single

Address: 15th Street #35-133

Telephone: 3154921368

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Studies Carried Out

E s t u d i o s R e a l i z a d o s

University Education

Title: Sports Training Technologist.

Graduation year: 2016

Institution: Jaime Isaza Cadavid Colombian Polytechnic

Qualification: Sports Professional .

Graduation year: 2021

Institution: Jaime Isaza Cadavid Colombian Polytechnic .

Qualification: Professional massage therapist .

Graduation year: 2025

Institution: Jaime Isaza Cadavid Colombian Polytechnic .

Secondary

Qualification: Bachelor

Year of graduation: 2012

Institution: Colombo French School

Complementary courses

Course name: Ayurvedic massage technique Abhyanga sequence

Institution: Elm Pear

Intensity: 40 hours

Course Name: First Responder

Institution: the district health secretary, the official fire department of Bogotá, IDIGER .

Course name: Dog training and dog sports: agility and disc dog

Institution: Canine Society

Intensity: 60 hours

Professional Profile :

Trained in planning massage therapy sessions to improve people's overall health.

Knowledge of relaxing, reconditioning, and aesthetic massage techniques.

Assessment through the anamnesis process, to understand the user's symptoms before therapy.

I use manual techniques that stimulate soft tissues and that have an effect on injury recovery or prevention.

I apply joint stretching therapies aimed at increasing muscle elongation and improving joint mobility.

Special massage therapies such as Thai, Shiatsu , Ayurveda , volcanic stones, pindas , candil, infant massage (vimala – shantala).

Knowledge of human physiology.

Trained to apply first aid.

Able to work through web video conferencing platforms.

Leadership skills in small and medium-sized groups.

Work Experience

Company name: INDER Medellín

Position held: Assistant guide for walks in Medellín

Immediate supervisor: physical activity area coordinator

Time worked: 04/05/2015 - 20/12/2015

Duties: Identify routes through the hills, villages, and mountainous areas around Medellín and guide users on the day of the hike.

Company name: INDER Medellín

Position held: Cycle path guide

Immediate supervisor: physical activity area coordinator

Phone: 43699000

Time worked: 12/02/2016 – 21/11/2016

Functions: Place the relevant signage and control the correct circulation of citizens who engage in physical activity and sports.

Company name: ConConcreto Foundation

Position held: Sports area volunteer

Immediate boss: Jorge Bermúdez

Phone: 42512626

Time worked: 03/30/2017-03/12/2017 - 02/01/2020 – 03/15/2020

Duties: lead recreational and sports activities with boys and girls.

Company name: Unión Temporal PRESENCIA - ASMETCO

Position held: Physical activity and sports facilitator

Immediate boss: Mery Montiel

Telephone: 3002025896

Time worked: 07/09/2021 – 12/31/2021

Functions: direct recreational and physical activity activities for children of participants in the peace and reintegration process in the municipality of Ovejas - Sucre .

Company name: Presencia Colombo Suiza

Position held: 21st Century Skills Thematic Facilitator

Immediate boss: Ana Rojas Tuberculosis (coordinator)

Phone: 316 428 9333

Time worked: 10/2/2022 – 30/7/2022

Functions: To carry out artistic, sports, and educational activities with the children of the Andes district to strengthen 21st-century skills and prevent labor exploitation.

Company name: Coredi Educational Corporation - Samaná Rural Educational Institution

Position held: Tutor teacher

Immediate boss: Juan Guillermo (Alejandría coordinator)

Telephone: 3205679634

Time worked: 1/2/2023 – 4/30/2023

Duties: To support children and young people from rural areas of the municipality of Alejandría in learning basic primary and secondary school subjects.

Company name: Jaime Isaza Cadavid Colombian Polytechnic

Position held: Volunteer Massage Therapist

Immediate supervisor: Teachers and Coordinators.

Time worked: academic semesters 2023-2, 2024-1 and 2024-2.

Functions: perform manual therapy interventions at special events held by the institution:

Massage Therapy at the PJIC

- Intervention with the elderly in San Javier
- Relaxing Therapy Popular Community Foundation 1
- Post-competitive therapy in "Corre mi tierra 2024"
- Intervention with athletes at the Envigado sports center
- Sports massages for swimming, weightlifting and athletes.

Company name: Arca Mundial Foundation

Position held: Massage therapist for special populations.

Immediate supervisor: Yaneth Velásquez (Physiotherapist)

Telephone: 3105115513

Time worked: 2/15/2024

Functions: Provide therapeutic massages to relieve pain, correct posture, and relax the children and young people who participate in the institution's activities.

Company name: University ITM

Position held: Massage therapist

Immediate boss: Cristian Rojo

Telephone: 313 7975451

Time worked: 6/8/2024 – 30/11/2024

Duties: * Support the institution's athletes in national games in the categories of judo, handball, and taekwondo, where massages were provided to restore the athletes' physical condition during and after the competition. * Also within

the institution, massage therapies were provided to the university community to improve their physical and mental health.

Company name: scape wellness

Position held : Massage therapist

Immediate supervisor: Stefani Andrade

Telephone: 3144707271

Time worked: current

Duties: Provide home visits to hotels and apartments requested by users. The massages I perform include relaxing, sports, deep tissue, reflexology, and cranial massages. I charge per massage and take as many massages as I can during the week.

Family and work references.

Referencias Familiares

Name: Libya Marcela Baena C.

Current position: Systems Professional

Company where she works: retired

Telephone: 3165237779

Name: Sara Giselle Agudelo Zapata

Current position: Teacher

Company where he works: Jaime Isaza Cadavid Polytechnic

Telephone: 3244708795

Name: Yaneth Velásquez

Current position: Physical Therapist

Company where you work: World Ark Foundation

Telephone: 3105115513

Digital signature

