



SENA DOS SANTOS RENATA

Personal information:

Birth date: 02/ 09 / 1982

City / Estate/ Country Salvador/ Bahia / Brazil

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Qualifications Summary/ Areas of Expertise:

Bachelor of Physical Education

Specialization in Exercise Physiology Applied to Rehabilitation

Theoretical Practice in Cardiovascular and Metabolic Rehabilitation

Massage Therapist

My training starts with an introduction: My name, type of training, training time and if any participant has any restrictions, beginner to intermediate level in order to include everyone in the classes. For 5 years I was part of the Iberostar family where i went able to improve some experiences with in-house courses offered by the company, but not certified. All my life has been in contact with multicultural people .When I was a dancer order, could to know some different culture.

Goals:

Fitness Instructor
Massage Therapist
Receptionist
Coordinating fitness
Supervisor Spa
Sales Assistant

Languages and computer skills:

Skills | Level (Intermediate English, Italian fluent, Spanish fluent , Portuguese mother tongue)
Basic computer skills, internet.

Academic and Extra Courses Background:

High School or University

NAME OF INSTITUTION Uniasselvi | **COURSE** Education Physical | **LOCATION** Lauro de Freitas Bahia | **YEAR ATTENDED** 2019

Extracurricular courses

NAME OF INSTITUTION Mente&Physio | **COURSE** Therapist Massage/ Ventosaterapy |
LOCATION Av Tancredo Neves Salvador | **YEAR ATTENDED** 2020

Experience (Formal + Informal / Freelancer):

Last job was with the Iberostar family in the fitness area 11 months ago. Informal project in the neighborhood during the pandemic period, I resold natural products, online classes. I currently live in Morro de São Paulo working in my informal area, massages all here. I formally worked as a fitness instructor but I have always worked as a supervisor and currently I coordinate a studio alone from 7 am to 1 pm every day.

COMPANY Iberostar | **POSITION** teaching | **FROM** dd/mm/aaaa **TO** dd/mm/aaaa

Water aerobics Rhythms Cardio abs Zen classes Functional training

International Experience / Volunteer / Leadership

YEAR | LOCATION | NAME OF ORGANIZATION | POSITION | RESPONSIBILITY |

In 2004, I leave Brazil to dance in large resorts in some parts of Europe. Seasons from 3 to 6 months. I lived 3 years in Italy, studied the language and freelanced samba dancer ,gym class. When I returned to Brazil projects with capoeira, studies... All this time my responsibility went. All the while my responsibility was to convey joy and well-being to everyone who watched the Brazilian show with a beautiful smile and much energy.