

## **Personal information:**

- Name: Yomna Ahmed Mostafa Elrefy
- Date of birthday: 1/5/1996
- Adress: Cairo
- Mobile: 01555057135
- Email : :- [yomnaelrefy@gmail.com](mailto:yomnaelrefy@gmail.com)
- Social status: single
- Certified personal trainer
- Instagram



[https://instagram.com/yomna\\_elrefy?igshid=NzAzN2Q1NTE=](https://instagram.com/yomna_elrefy?igshid=NzAzN2Q1NTE=)

- Linked in [http://https://www.linkedin.com/in/yomna-ahmed-8b6546284?utm\\_source=share&utm\\_campaign=share\\_via&utm\\_content=profile&utm\\_medium=android\\_app](http://https://www.linkedin.com/in/yomna-ahmed-8b6546284?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=android_app)

## **Educational qualification:**

Bachelor of Education and childhood, Damietta university, a very good grade 2018.

## **GOALS**

- Self-Development.
- Looking for a better future.
- Self – discovery.

## **Work experience:**

- Elghamry gem
- Your gym

## **Courses:**

- Association of sports professions
- At Elgamry gem: personal fitness trainer
- IPSA-sport academy –certified personal trainer
- Functional training (CDC) academy hossam enaya
- Functional training online orgin academy.
- CPT –NASM academy.
- Workshop:-  
(kinesiology, assisment, program design, corrective exercises )

With mostafa Fathi .

## **TRAINING COURSES**

-Technology course –Microsoft certified (11/2018).

Soft skills course –level two- Microsoft certified (10/2018)

Soft skills course – level three - Microsoft certified (9/2018)

-ICDL course from technology development center (2011).

-INTL course (2009)

## **LANGUAGE SKILLS**

Arabic Mather language

Good in English.

## **PERSONAL SKILLS**

Have ability to communicate

Punctuality

Flexibility

Work under stress

Work in a team