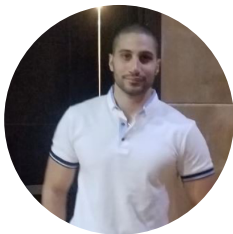





JASON HELO



CONTACTS

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Lebanon, Bayrut, Lebanon

PERSONAL DETAILS

Date of birth
August 12, 1994

Nationality
Lebanese

SKILLS

- Negotiations expert
- Client-focused
- Current fitness trends
- Contract negotiation/review/drafting
- Recordkeeping
- Client management
- Responsible
- Well trained
- Client management

LANGUAGES

- Arabic
- French
- English

ABOUT ME

I am ambitious and driven. I thrive on challenge and constantly set goals for myself so I have something to strive towards. I have a passion towards fitness and nutrition and follow up daily on all sports news. Im a very sociable person and am very energetic. I love meeting new people and learning about their lives and backgrounds. I always try to find common ground with strangers, and try making people feel comfortable in my presence. I find this skill is especially helpful when kicking off projects with new clients.

WORK EXPERIENCE

Real Estate, Bader Suite, Awkar

Jan 2018 - Present

- Generate client leads to rent property.
- Develop a competitive market price by comparing properties.
- Manage Facebook and Instagram pages for the property.
- Maintain and update listings of available properties.
- Remain knowledgeable about real estate markets and best practices.

Personal Trainer, Freelance, Beirut

Sep 2020 - Present

- Demonstrate exercises and routines to clients.
- Create unique routine plans for every clients according to their fitness level.
- Assist clients in exercises to minimize injury and promote fitness.
- Modify exercises according to clients' fitness levels.
- Explain safe and proper use of gym equipment.
- Research on new exercise techniques and trends.

Trainee Personal Trainer, The Lab fitness

Oct 2020 - Present

- Help demonstrate routine and exercises to clients.
- Assist clients in exercises to minimize injuries.
- Monitor client's progress.
- Provide information on general fitness and health issues.
- Provide innovative and challenging exercises to keep clients engaged and motivated

EDUCATION

Bachelor of Arts, University of Atlanta, Atlanta

2015

Bachelor or Science in Business Administration

High school diploma, Ecole Saint Rita, Dbayeh

2010

COURSES

Personal Training, Stepahead

Mar 2020 - Jun 2020

Strength and Conditioning, Stepahead

Jun 2020 - Sep 2020