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Diplomas and qualifications

- ✚ **2023/2024** : Faculty of Medicine of Nice: 4th year of Medicine
- ✚ **2019/2020** : University of Nice Sophia Antipolis: Master's degree in Sports Science specialty: "Training and optimization of sports performance"
- ✚ **2016/2017** : University of Nice Sophia Antipolis: Master's degree in Sports Science specialty: Physical conditioning and rehabilitation for athletes
- ✚ **2014/2015** : University of St Quentin en Yvelines: Bachelor's degree in Sports Science with a specialization in Sports Training
- ✚ **2010/2011** : State-certified sports educator for swimming activities (BEESAN) with honors at the Center for Resources, Expertise and Sports Performance of Châtenay-Malabry
- ✚ **2009/2010** : First aid in a level 1 team (PSE 1) at the Croix Blanche des Yvelines in Plaisir
- ✚ **2006/2007** : Diploma in aptitude for the functions of holiday and leisure center animator (BAFA) in Paris
- ✚ **2004/2005** : First Aid Training Certificate (AFPS) at ADPC 92 in Rueil-Malmaison

Private professional experiences

From October 2007 to September 2023: Nanny and Tutor

✚ Frome June- 26th to July 22nd, 2023: Private Clients: American Celebrities at Château Margui (Châteauvert, South of France)

French Tutor (a girl of 9)

Oral and written French language learning.

Knowing the basic grammar rules and having a wide knowledge of age-appropriate common vocabulary.

Developing the ability to express oneself clearly and concisely is important to avoid any confusion.

Showing patience and understanding when they make mistakes or have difficulty understanding certain aspects of the French language.

Vocabulary learning (introductions, months of the year, days of the week, food, school, places, etc.).

Explaining things in different ways if necessary.

Providing feedback after each session.

Exercises and review of learned material for better consolidation.

Listening to the child's concerns and questions, and observing how she reacts to different teaching methods in order to adjust my approach and provide suitable support.

Enhancing each lesson to progress the student to the highest level.

Developing creative activities such as games, songs, or stories to make French language learning engaging and enjoyable.

Adapting to individual needs and adjusting my teaching approach accordingly.

Showing the child that I am there to encourage and support her throughout the process.

✚ Private Clients in Cannes and Nice: From November 2018 to December 2020: Tutor (a girl of 7 and boy of 9)

Manage and assist the child with their school assignments.

Plan and continuously improve the sessions.

Bring the child to the highest possible level by offering fun and creative lessons.

Provide assistance to the child in overcoming difficulties.

Guide the child's intellectual development.

Help the child build self-confidence.

Support the child in achieving the required program objectives in a pedagogical and enjoyable manner.

Improve the child's oral expression and written comprehension.

Provide feedback after each session.

Foster autonomy and creativity in the child's learning.

Support the child in developing a passion for subjects such as music, art, and mathematics.

✚ **Private clients in Paris: From September 2016 to September 2018 :Nanny (a boy of 6)**

✚ **and Private Clients in Cannes/Nice: From September 2015 to September 2016 : Nanny (a boy of 3)**

Anticipate the child's needs based on their age, abilities, and parents' requests
Coordinate reading and physical activities
Propose creative, motor, and cognitive activities
Prepare outings while respecting playtime and rest time
Lead physical activity sessions based on what the child enjoys
Support the child's personal and physical development
Evaluate the program put in place, seek the child's and parents' feedback
Always communicate with the child
Diversify the child's meals and ensure a balanced diet
Ensure the child is always clean and presentable (dressing, toileting, bathing)
Demonstrate calmness, kindness, and gentleness, as well as discretion
Respect the family's privacy and family time
Educate the child while respecting their cognitive abilities

✚ **Private clients in Paris: From July 2013 to april 2014: Nanny (baby of 14 months)**

Creator of a warm and secure environment, I establish an immediate bond of trust with 14-month-old toddlers.
My devoted attention and love for children allow me to sensitively address their emotional and physical needs.
By strictly adhering to schedules and routines, I ensure reassuring stability in the baby's daily life.
Through playful and educational activities, I foster crucial motor and cognitive development at this critical age.
My boundless patience and ability to soothe cries contribute to creating a calming environment for infants.
I seize every opportunity to encourage their emerging independence while maintaining attentive guidance.
My keen observational skills enable me to swiftly detect distress signals, ensuring their well-being.
I am committed to maintaining open and transparent communication with parents, actively collaborating to meet the baby's specific needs.
As a compassionate role model, I contribute to shaping their social behavior and interpersonal skills from a young age.
My patient and educational approach extends to meal and nap times, promoting healthy and consistent habits.
I instill values of respect and empathy from the outset, thus laying the foundations for balanced emotional development.
My ability to manage transitions smoothly assists babies in gradually adapting to new situations and experiences.

Private clients in Paris: From December 2011 to September 2012: Nanny (baby of 8 months)

I establish quick trust bonds with babies through a caring and secure approach.

I provide individualized and loving attention to the specific emotional and physical needs of infants.

I ensure reassuring stability in the baby's daily life by strictly following schedules and routines.

I stimulate motor and sensory development through age-appropriate and enjoyable activities.

I handle cries and moments of frustration with gentleness and understanding, creating a soothing environment.

I swiftly recognize distress signals or discomfort and promptly address them.

I prioritize open and transparent communication with parents to ensure effective collaboration.

I contribute to building the baby's confidence and emotional security as a significant attachment figure.

I maintain a regular rhythm for meals and naps, promoting healthy eating habits and restorative sleep.

I am dedicated to respect, empathy, and kindness for an environment conducive to the baby's well-rounded development.

Private clients in Paris: From May 2010 to September 2011: Nanny (baby of 2 months)

I quickly develop trust bonds with 2-month-old babies through my nurturing and secure approach.

I provide personalized and tender attention to the specific emotional and physical needs of infants at this early age.

Ensuring comforting stability in the baby's daily routine, I strictly adhere to established schedules and routines.

I encourage motor and sensory development from a young age through tailored and stimulating activities.

My patience and empathy allow me to handle cries and moments of discomfort, creating a soothing and secure environment.

I am adept at swiftly recognizing distress signals or discomfort and taking prompt action to address them appropriately.

Emphasizing open and transparent communication with parents, I ensure effective collaboration in caring for the baby.

I play a crucial role in building the baby's trust and emotional security as their primary attachment figure.

I ensure a consistent routine for feeding and sleeping, promoting healthy habits and restful sleep.

My commitment is to create an environment of respect, empathy, and kindness to foster the baby's overall development and well-being.

- ✚ April 2010: Animator at the Landes Leisure Center (Suresnes)**
The age of the children ranges from 3 to 12 years old, with always a maximum group size of 8 children
Propose group activities and outings
Vary leisure activities to develop each child's abilities
Ensure each child's safety
- ✚ July-August 2008: Animator in a holiday center (Gap)**
The age of the children ranges from 3 to 12 years old, with always a maximum group size of 8 children
Design and develop activity projects implemented at the leisure center
Prepare, implement, and conduct fun and diverse activities
Assist children in developing autonomy
Accompany, carry out, and evaluate children's projects
Increase safety during group outings
- ✚ October 2008: Animator in a holiday center (Center Parcs)**
Manage 7 children aged 7 years old
Establish a weekly schedule for leisure and water activities
Provide continuous support for all activities
Manage and accompany meals with a spirit of conviviality and sharing
Develop the child's psychological well-being by increasing "self-confidence"
Ensure the child's physical and psychological safety
- ✚ July 2007: Animator in a leisure center (Yvelines)**
The age of the children ranges from 3 to 12 years old, with always a maximum group size of 8 children
Organize and implement recreational activities for children or adolescents according to the structure's specificities
Initiate children to creative games
- ✚ February 2007: Animator in a holiday center (ski camp)**
The age of the children ranges from 3 to 12 years old, with always a maximum group size of 8 children
Promote exchanges and intergenerational dialogue (young children with older ones)
Preserve self-image
Encourage exchanges with other residents and external people
Foster social connections
Pay attention to each child
Allow children to remain active agents of their own lives.

From September 2009 to September 2023:

✚ **Private Client in Nice: May 2023 to September 2023 Coaching: Weight Loss and Fitness**

In-depth knowledge of specific training methods tailored to weight loss goals and client's medical needs.

Development and implementation of personalized training programs based on specific needs, goals, and limitations of the client.

Ability to monitor and evaluate client progress in detail, adjusting programs accordingly to maximize results.

Integration of aqua gym sessions to optimize fitness benefits.

Use of scientific knowledge to inform and guide clients toward health and wellness goals.

Mastery of nutrition principles to maximize results through the implementation of specific and client-adapted nutrition.

Utilization of medical knowledge for a holistic approach to fitness.

Motivation, encouragement, and constant support to achieve set objectives.

Capability to implement effective weight loss strategies, demonstrated by tangible results, such as a loss of over 8 kilograms in 3 months for the client.

Flexibility in adjusting programs based on changing needs or potential medical constraints, demonstrating an adaptable and personalized approach.

Remarkable physical transformation that impressed a renowned healthcare professional and those in the client's social circle.

Successful achievement of objectives and efficient completion of a medical procedure.

✚ **Private clients in Monaco: From September 2022 to December 2022 Executive Assistant/personal assistant**

Correspondence and email filtering, liaison with investors to organize urgent meetings, and drafting important communications are the main responsibilities.

Managing busy schedules, making clear decisions on important meetings, prioritizing tasks, and preparing presentations are key skills required. In addition to general administration, research, travel management, and personal tasks such as liaising with subcontractors and service providers.

✚ **Private clients in Cannes: From March 2022 to August 2022 Swimming Coaching**

Developed and implemented a swimming learning program, focusing on teaching the fundamentals of floating, propelling, and projecting in breaststroke.

Conducted psychological work to address water phobia and build self-confidence.

✚ **Private clients in Paris, Monaco/Nice/Théoule: From September 2021 to August 2022 Pilates Coaching**

Isometric muscle strengthening

Focus on proper execution techniques of movement

Active and passive breath control

Development and maintenance of the pelvic belt

Management of posture in different planes of space

Fluidity and precision of movement

Coordination of movements

Sequence of specific exercises

Toning of different muscle chains
Improvement of flexibility
Detoxification of the mind by relieving psychological stress
Zen attitude

- ✚ **Private clients in Théoule: August 2020 Swimming Coaching**
Improved swim technique, including stroke refinement in breaststroke, crawl, backstroke, and butterfly.
Worked on joint mobility to improve energy efficiency while swimming.
- ✚ **Private clients in Paris: From September 2012 to September 2015 Executive Assistant/personal assistant**
Making suitable travel arrangements, booking appointments and managing the household calendar, assisting in planning and organization of parties and other events, to do the grocery shopping, managing the household accounts and liaising with suppliers and handling special projects.
- ✚ **Private clients in Nice: From September 2015 to May 2023 Coaching**
Developed targeted exercise plans with specific sets, reps, and rest periods to increase muscle mass.
Designed personalized diet plans to support muscle gain.
Provided guidance and motivation to help clients achieve their muscle-building goals.
- ✚ **Private client in Paris: : From September 2009 to June 2012 Executive Assistant/personal assistant**
Proactive, self-sufficient, and organized, with experience in a fast-paced environment with shifting priorities. Attentive to details, quick learner, and able to ask insightful questions to obtain necessary context. Exceptional written communication skills adaptable to various audiences, eager to learn more about finance, interested in managing a high-growth business.
- ✚ **Private clients in Monaco: August 2020 Coaching**
Created personalized workout plans to strengthen and tone the entire body.
Incorporated a variety of cardiovascular exercises such as walking, running, stair-climbing, Thai boxing, jump rope, and swimming.
Utilized compound exercises like bench press, squat, and deadlift to strengthen specific muscle groups.
Implemented isometric and concentric contractions to improve overall strength.
- ✚ **Private clients in Geneva: From May 2014 to September 2014 Coaching**
Developed remote weight-loss program.
Increased clients' energy expenditure through targeted exercise plans.
Provided nutritional advice on macros and micronutrients and guidance on selecting high-quality foods.
Developed a progressive exercise plan that gradually increased intensity and duration to improve fitness level.
Provided guidance on improving lifestyle habits.

- ✚ **Private clients in Paris: From September 2015 to September 2016** Coaching
Muscle strengthening to prevent back injuries.
Assistance in setting up a training schedule and following recommendations for sports practice. Implementation of a muscle strengthening program for the lumbar and abdominal area Implementation of specific exercises to strengthen the hip flexors.
Increased client activity to limit muscle atrophy.

Professional Experience

- ✚ **February 2024:** Medical internship at the University Institute of the Face and Neck (Nice): Department of Maxillofacial Surgery
- ✚ **November 2023:** Medical Internship at Pasteur Hospital (Nice): "Geriatric" Department
- ✚ **September 2023:** Medical Internship at Pasteur Hospital (Nice): "Psychiatric Emergencies" Department
- ✚ **From July 1^{to} August 29, 2021:** Manager, Lifeguard at the Thyon 2000 swimming pool, Switzerland
- ✚ **February 2007 to October 2022 :** Childcare Assistant Holiday and Leisure Center leader for the following cities or companies: City of Maurepas, City GAP St Jean St Nicolas, City of Morzine, Center Parcs-Belgium for a fixed term.

Mission: playful animation with children. Dependent children: 8 children per activity in a holiday center with more than 100 children.
- ✚ **From February 21 to 25, 2022 :** Internship Semiology Semester 2 (L3) GYNECOLOGY, Archet 1 Hospital, Nice
- ✚ **From November 15 to 19, 2021 :** Internship Semiology Semester 1 (L3) PHYSICAL MEDICINE and READAPTATION, ARCHET 1 Hospital , Nice
- ✚ **From August 30, 2021 to September 17, 2021 :** ^{2nd year} NURSE internship in Medicine Hôpital Pasteur, Nice
- ✚ **From April 26 to 20, 2021 :** Internship Semiology Semester 2 (L2) GENERAL EMERGENCY MEDICINE, Pasteur Hospital, Nice
- ✚ **From December 14 to 18, 2020 :** Internship Semiology Semester 1 (L2) CARDIOLOGY, Pasteur Hospital, Nice
- ✚ **From January 13, 2020 to April 14, 2020:** Physical trainer in the Weightlifting section at ESVL MUSCU GYM, Villeneuve-Loubet
- ✚ **From May 1^{to} September 30, 2019 :** Lifeguard and Swimming instructor at the private beach "RUHL Plage" Nice, seasonal employment

- # **From April 20 to October 31, 2018** : Lifeguard and Swimming instructor at the private beach "RUHL Plage" Nice, seasonal job
- # **From April 1 to October 15, 2017** : Lifeguard and Swimming instructor at the private beach "Riviera Beach" Cannes, seasonal job
- # **From June 28 to October 15, 2016** : Lifeguard and Swimming instructor at the private beach "Riviera Beach" Cannes, seasonal job
- # **From April 4 to 15, 2016** : "Physical Preparation" course at CREPS in Châtenay-Malabry
- # **From January 6 to March 9, 2016** : "Physical Preparation" course at the European Sports Rehabilitation Center Saint-Raphaël (CERS)
- # **From February 15 to 19, 2016** : "Physical Preparation" course at the Clinique des Héliades in Fréjus
- # **January 2016** : "Physical Preparation" internship at the office of Dr. Azoulay Phlébologue (Mougins)
- # **From March 2 to July 31 2015**: Lifeguard and Swimming instructor at the Peninsula Paris Hotel on a permanent contract
- # **From 1 Dec 2014 to 27 Feb. 2015** : Trainer "Physical Trainer" within the Rueil Athletic Club Basket (RAC Basket)
- # **From Sept 2014 to May 2015** : Temporary lifeguard at the Closeaux swimming pool in Rueil-Malmaison
- # **From May 19 to September 15, 2014** : Lifeguard at the Intercontinental Hotel in Geneva (Switzerland) on a seasonal contract
- # **From June 5 to Sept 5, 2014** : Nursing assistance at the Clinique de la Maison Neuve Geneva (Switzerland) on seasonal contract
- # **From April 21 to 27, 2014**: BAFA trainer for the qualification of lifeguard on a fixed-term contract
- # **From April 12 to mid-May 2014**: Volunteer in the profession of Night Ambulance
- # **From 24 Feb. 2014 to March 10. 2014** : "Sports Management" at the Rueil-Malmaison Sports Department
- # **From Oct.2013 to May 2014** : Temporary lifeguard at the Closeaux swimming pool in Rueil-Malmaison
- # **From Oct. 18 to Dec. 13, 2013** : Intern "In school" at the Tour D'Auvergne elementary school in Colombes

- # **From September to November 2013** : Aquabike coach at "l'Entrepôt" in Paris at Bastille on a fixed-term contract
- # **From September to November 2011** : Polyvalente Sports animator at the Club Le Marouba hotel in Martinique on a fixed-term contract
- # **From July 2011 to August 2011** : Lifeguard Lifeguard at the Neuilly-Sur-Seine swimming pool on a seasonal contract
- # **From July 2010 to August 2010** : Lifeguard at the Puteaux swimming pool on a seasonal contract
- # **From December 2009 to January 2010** : Hostess at the restaurant "Paradis du Fruit" in La Défense on a fixed-term contract
- # **From September 2009 to November 2009** : Waitress at the restaurant "Le Paname" in La Défense on a fixed-term contract
- # **From May to August 2009** : Saleswoman at "La croissantrie" in Sartrouville on a fixed-term contract
- # **February 2007 to October 2022** : Holiday and Leisure Center leader for the following cities or companies: City of Maurepas, City GAP St Jean St Nicolas, City of Morzine, Center Parcs-Belgium) for a fixed term.

Mission: playful animation with children. Dependent children: 8 children per activity in a holiday center with more than 100 children.

Center of interest

- # **Practicing a variety of sports : Swimming**, Thai Boxing, Athletics, Weightlifting, Bodybuilding
- # **World cooking** : Asian, Oriental, African, European, Organic Gastronomy, Dietary Cuisine
- # **Languages** : Kabyle, French, English