

ELIAS EL ASSAAD

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PROFESSIONAL PROFILE

Motivated and dedicated Physical Education and Sports student at Notre Dame University with practical experience in personal training and sports retail. Skilled in designing customized fitness programs, coaching clients, and delivering excellent customer service. Strong interpersonal and communication abilities, with a passion for helping individuals achieve their fitness goals and contributing to team success.

EDUCATION

Bachelor of Arts in Physical Education & Sports

Notre Dame University (NDU)
2022 – Expected 2026

Lebanese Baccalaureate II

College Notre Dame de Louaize
Graduated: June 2021

PROFESSIONAL EXPERIENCE

Freelance Personal Trainer (Oct 2022 – Present)

- Design and implement personalized training programs tailored to client goals
- Monitor progress and adjust plans
- Educate clients on proper techniques and healthy habits
- Build strong client relationships

Personal Trainer – Louaize Fitness by BeWell (Oct 2022 – Feb 2023)

- Conduct fitness assessments and create workout plans
- Supervise sessions ensuring proper form
- Support clients in achieving fitness goals
- Maintain safe training environment

Sales Associate – SportsLife Kaslik (Apr 2024 – Present)

- Assist customers with sports products
- Provide recommendations based on needs
- Contribute to sales targets
- Maintain displays and inventory

SKILLS

Communication | Teamwork | Organization | Adaptability | Creativity | Customer Service | Fitness Coaching | Sales & Client Relations

LANGUAGES

Arabic: Native
English: Fluent
French: Intermediate