

PERSONAL

- Name**
ASHWAQ ALQARNI
- Address**
Al-Nuzha
12471 Riyadh
- Phone number**
0599555543
- Email**
sh.hem080@gmail.com
- Date of birth**
18-06-1994

LANGUAGES

english language ★ ★ ★

ASHWAQ ALQARNI

Satisfy my ambition and desire to achieve and work in a place that cares about development and productivity to develop my skills and to be an active and productive member of society



WORK EXPERIENCE

- Feb 2019 - Jun 2019 **laboratory technician**
King Fahd City Research Center, Riyadh
Training on the HPLC device in the Department of Analytical Chemistry and Gene Engineering in the Department of Biochemistry. Gene processor plan
- Oct 2021 - Jan 2023 **Fitness trainer**
Strength Challenge Club / Sahem Company, Kharj
Fitness, iron and personal training/marketing instructor
- Jan 2023 - Apr 2023 **Public relations**
Fitness House Club, Kharj
The management of the Fitness House Club developed an action plan for the workflow, schedules of training, accounting, employment, and internal and external marketing management



EDUCATION AND QUALIFICATIONS

- Apr 2014 - May 2020 **Bachelor's degree in General Chemistry**
Prince Sattam bin Abdulaziz University, Kharj
- Aug 2020 - Dec 2020 **Personal trainer course**
Fitness expert academy for sports training, Riyadh
- Nov 2022 - Jan 2023 **Sports facility management course**
Fitness expert academy for sports training, Riyadh



SKILLS

- Microsoft programs ★ ★ ★ ★ ★
- Dealing with problems ★ ★ ★ ★ ★
- The ability to lead and assume all responsibilities ★ ★ ★ ★ ★
- Discipline in working hours