

AHMED HAIDAR MOHAMMED EL-SHEIKH

- **Personal details**

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- **Education**

- High school
- Diploma of civil engineering

- **Expertise**

- **Bodybuilding trainer at Omak gym – Sudan**

- Assess client's current body composition, strength level, and physique.
- Understand individual goals (e.g., muscle gain, fat loss, stage preparation).
- Incorporate periodization (off-season, cutting, bulking, deloading).
- Coordinate with a certified nutritionist or dietitian if needed for detailed plans or prep.
- Ensure clients use proper form to avoid injury and maximize muscle engagement.
- Track physical changes (measurements, weight, body fat %).
- Provide basic guidance on safe supplements (protein, creatine, BCAAs, etc.).

- **Organizing events (Sela & Live link companies)**

- Supervised the execution of events from planning to completion, ensuring smooth operations according to the schedule.
- Coordinated multiple teams (security, logistics, technical support) to ensure full event readiness.
- Managed crowd entry and exit procedures, enforcing safety measures and maintaining organized flow.
- Responded promptly to emergencies and crowd-related issues to ensure attendee safety and satisfaction.

- Prepared post-event reports to evaluate performance and provide recommendations for future improvements.
- Collaborated with local authorities and emergency services to ensure compliance with legal and safety regulations.
- Trained and guided new team members on event protocols and crowd management best practices.

- **Welfare Manager (Tamimi global company – NEOM project)**

- Monitoring and ensuring compliance with worker welfare standards, including living conditions, food quality, health, and safety.
- Conducting regular site visits, accommodation inspections, and welfare assessments to uphold labor rights and well-being.
- Managing grievance redressal mechanisms and conducted one-on-one counseling sessions to address worker concerns.
- Ensuring housing, food, and sanitation meet safety and welfare standards.
- Coordinating with HR and site management to implement worker welfare programs (e.g., awareness sessions, safety briefings, cultural celebrations).
- Facilitate access to healthcare services.
- Preparing and maintaining detailed welfare reports, incident logs, and compliance documentation for internal and external audits.
- Collaborating with safety team to ensure safe working environments.
- Keeping up with labor laws, human rights, and best practices.
- Organizing events, recreational programs, or wellbeing initiatives to boost morale.
- Conducting welfare audits or inspections.
- Reporting to senior management on wellbeing trends, gaps, and improvements

- **Skills**

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- Ability to organize events

- Initiative
- Ability to negotiate
- Ability to lead
- Dedicated worker
- Work within team
- Interact with others
- Adaptability
- Collaboration
- Planning & Collaboration
- Organizing
- Decision – making

- **Interests**

- Reading
- Gym
- Travel

- **Certificates**

- Training certificate management as worker welfare auditor. **(By NEOM management)**.
- Recognition of the service & contribution in driving an outstanding worker welfare compliance as a welfare manager. **(By NEOM management)**.

- **Languages**

- Arabic
- English