



**Name : HIBA ALABBS**

**Nationality : SYRIA**

**Personal Details :**

**Full Name : Hiba Al Abbas**

**Nationality : Syrian**

**Date of birth : 21 - Jan -1985**

**C O N T A C T :**

**Address : UAE - Dubai**

**Phone : +918073753716**

**+971543642554**

**Mail ID : hibuparvez@gmail.com**

**S K I L L S :**

- Good interpersonal skills
- leadership
- The ability to teach and motivate people of all ages and backgrounds.
- Responsible attitude to health and safety.
- Time management
- Adaptability
- Problem-solving

**L A N G U A G E S :**

**ENGLISH   \*\*\*\***  
**ARABIC     \*\*\*\*\***

**S U M M A R Y**

Highly skilled and dedicated professional seeking a position as a Trainer, leveraging expertise as a Pharmacist Assistant, Aerobics-Zumba-Taebo and Yoga Instructor with good experience in swimming to inspire and motivate individuals towards achieving their fitness and wellness goals.

**W O R K   E X P E R I E N C E**

**Aerobics -Zumba -Taebo Instructor 2010 - 2021 at Qasuion Gym ( Syria - Damascus)**

Developed and conducted high-energy and engaging group fitness classes, incorporating a variety of cardio and strength-training exercises, motivated and inspired participants to reach their fitness goals through personalized attention and encouraging feedback . Created choreographed routines for Zumba and Taebo sessions, focusing on proper form, safety, and maximizing calorie burn. Modify exercise plans based on needs, potential injuries or health issues ,dealing with clients with different health conditions Monitored participants' progress, providing modifications and adjustments to ensure a safe and effective workout experience.Organizing mixed classes in which various fitness disciplines are trained, which makes the trainees not feel bored Handle nutrition and health-related questions , develop personal exercise and diet plans. Carry out First Aid and CPR if needed, follow safety and hygiene guidelines

**Yoga Instructor 2018 - 2021 at AK Gym ( Syria - Damascus)**

Led yoga classes for individuals of all skill levels, emphasizing proper alignment, breath control, and mind-body connection, proficient in designing and implementing yoga programs, facilitating relaxation, stress reduction, flexibility, and mindfulness techniques, provided hands-on adjustments and modifications to ensure safety and alignment during poses, conducted guided meditation and relaxation techniques to enhance participants' overall well-being.

**Pharmacist Assistant 2007 to 2021 at Rasha Deeb Pharmacy (Syria - Damascus)**

Extensive experience as a Pharmacist Assistant, assisted the pharmacist in all aspects of medication dispensing, including inventory management, prescription filling, and patient counseling, ensuring accurate medication dispensing, providing patient education, and assisting in pharmacy operations, answering medication questions over the phone and in-person, assessing patients' prescription for completeness, provided exceptional customer service by addressing inquiries, resolving concerns, and ensuring medication adherence, maintained accurate patient profiles and medication records, adhering to privacy regulations and pharmacy policies, collaborated with healthcare professionals to optimize patient care and medication therapy.

## Swimming 2020 Tishreen swimming pool ( Syria - Damascus)

And as an extension of my passion for various sports, I joined the Lifeguard course in 2020, through which I developed my skills, techniques, swimming strokes, therapeutic exercises in the water, and teaching swimming for beginners.

## EDUCATION

- ② Medical institute – laboratory technician \2007 ( Damascus University ) - Syria
- ② Instructor Aerobics Course –first degree \ 2015 ( Syrian General Sports Federation ) - Syria
- Ⓟ Instructor Yoga Course\ 2019 ( S-VAYASA University ) Bangalore -India