



Muhammad Esghaier

SPORT MANAGER, BODYBUILDING AND FITNESS COACH



esghaiermohamedcnafor2017@gmail.com



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ARIANA, Tunisia



23 September, 1986



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SKILLS

ENERGETIC, OPTIMISTIC

HARD WORKING

PONCTUAL

CREATIVE

CONFIDENCE

LANGUAGES

ARAB



FRENCH



ENGLISH



INTERESTS

SPORT

TRAVEL

BODYBUILDING

FITNESS

SELF DEFENSE

WORK EXPERIENCE

SPORT MANAGER

Tunisian Youth and Sport Ministry

11/2018 - Present

Regional Administration for Youth and Sports

Tunis

Achievements/Tasks

- Organising meetings, training, coaching, conferences and other events, Promotion of sport in schools.
- Managing budgets, controlling finance allocated for community activities and sometimes coordinating or raising sponsorship.
- liaising with local sports councils, regional committees and national governing bodies.
- Supporting colleagues to encourage and develop sport in the local, regional, national or international community, Serving on regional and national government think tanks and task groups.
- Managing departmental budgets.
- Organizing sporting events such as tournaments.

GYM MANAGER & BODYBUILDING TRAINER

Expert Gym Pro Body Fitness

01/2017 - 10/2018

Gym Pro Body Fitness

Tunis

Achievements/Tasks

- Maintaining the equipment, including repairing and replacing items as necessary, Managing staff, including recruiting, hiring and training new team members.
- Setting and contributing to targets for attracting new members and reviewing data about class attendance to identify opportunities.
- Maintaining knowledge of the latest fitness trends.

BODYBUILDING TRAINER

Body Fitness Club

01/2014 - 12/2014

Body Fitness Club

Tunis

Achievements/Tasks

- Evaluating customers' physical needs, determining clients' exercises needs.
- Assigning fitness activities and revising when needed and Instructing and motivating clients.
- Track customers' fitness progress.

BODYBUILDING TRAINER

Olympic Sport Association of Shrada

01/2013 - 12/2013

Body Fitness Club

Tunis

Achievements/Tasks

- Evaluating customers' physical needs, determining clients' exercises needs.
- Assigning fitness activities and revising when needed and Instructing and motivating clients.
- Track customers' fitness progress.

SECURITY OFFICER

"MONOPRIX" AND "GEANT"

09/2011 - 06/2012

HYPERMARKET, SECURITY STAFF

Tunis

Achievements/Tasks

- Secure premises and personnel by patrolling property; monitoring surveillance equipment; inspecting buildings, equipment, and access points; permitting entry.
- Ensure the security, safety, and well-being of all personnel, visitors, and the premises.
- Respond to emergency situations to provide necessary assistance to employees and customers.



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SELF DEFENSE

INTERNSHIPS

MANAGER

Tunisian Youth and Sport Ministry

05/2017 - 11/2018

Sport Ministry

Tunis

Traineeship in VIP close personal protection

Krav Maga Tunisian Academy

04/2014

Tunisian Academy

Tunis

STUDENT

Tunisian Federation of School and University Sport

10/2009 - 04/2010

Tunis

PERSONAL PROJECTS

NUTRISTORE COMPANY (02/2015 - 03/2018)

- OWNER AND COMMERCIAL REPRESENTATIVE.
- Specialized in selling nutritional supplements and sport equipment.

CERTIFICATES

Training certificate in Communication techniques in the professional environment (2022)

National Center for Training and Recycling Young Specialists in Sport and Physical Education

Training certificate in Legal and procedural system of governance and prevention of and fight against corruption (2021)

National Center for Training and Recycling Young Specialists in Sport and Physical Education

Training certificate in English language (2019)

National Center for Training and Recycling Young Specialists in Sport and Physical Education

Diploma of Second-Degree Trainer Specialized in Bodybuilding (2015)

Tunisian Bodybuilding Federation

Diploma of First-Degree Trainer Specialized in Bodybuilding (2013)

Tunisian Bodybuilding Federation

EDUCATION

License in Management of Sport Structures and Events

National Institute of Sport and Physical Education of Ksar Said

09/2007 - 06/2010

Tunis

DIPLOMA OF SPORT MANAGEMENT

National Center for Training and Recycling Young Specialists in Sport and Physical Education

09/2017 - 10/2018