



# Rasha Alhorani

## Nutritionist

+962781045281

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Amman, Jordan

### Skills:

- Excellent Management Skills
- Fitness assessment
- Nutrition advice
- Team Building
- Motivation and Support

### About Me:

I'm a nutritionist with good experience in Diet Plan making and Therapeutic Nutrition. I enjoy contacting my clients directly and planning their diet plans regarding their specific needs. I aim to have my own clinic for Digestive System Disease, Diabetes, and Sports Nutrition.

### Education & Certification:

#### University Of Jordan | 2018 - 2021

- Bachelor in Human Nutrition and Dietetics

#### Courses and Certificates

- Nutrition for Cancer patients - Coursera
- Nutrition and Lifestyle in Pregnancy - Coursera
- Nutrition for Diabetic patients
- Nutrition for newborns
- Training Course - Jordanian Society for Food and Nutrition - 72 hours
- Keto Diet Course - Jordan Society for Food and Nutrition
- Sports Nutrition - Jordan Food and Drug Administration, AlEssra Hospital

### Work Experience:

#### Elayyan clinics | 7 months

Nutritionist

- Worked with Velashape and Cryo Machines

#### The Fitness College | 6 months

Nutritionist

#### Dynamic Gym | 3 Months

Nutritionist

#### Arab Medical Center | 6 months

Nutritionist - Field Training

#### Clinical Nutritionist | 2 years

Dr. Mohammed Salah, Gastroenterology and Endoscopy

- Dealt with very rare diseases and cases
- Dealt with Obese Gastric Balloon and Liver disease, specifically immune diseases patients
- Gained persuasion and influencing skills as well as mental support for patients
- Dealt with Celiac Disease patients

#### Sports Nutritionist | 6 months

Gold Cage Gym

#### Nutritionist | 2 months

Zero Size Gym