

# Mahmoud Hamdy AboGabal

Mobile: +201274129589

Address: El-Rahmaniya, El beheira, Egypt

Date of Birth: 7/12/2000

E-mail: [mahmoudhamdy7122@gmail.com](mailto:mahmoudhamdy7122@gmail.com)

LinkedIn: [www.linkedin.com/in/bugabal](http://www.linkedin.com/in/bugabal)

## Objective:

Providing guidance, supporting, and training to individuals or teams, including developing training programs, delivering them to trainees, monitoring their progress, evaluating their performance, and encouraging trainees to achieve their goals and develop their skills. This has been applied through work with over 20,000 youth participants and the training of more than 200 aspiring trainers across various national and community-based programs.

## Education Information:

- Bachelor of Management Information Systems, 2022 \_ 2026  
University of Alexandria  
Department of Business Administration

## Experience:

- **Trainer – NTI summer Program at Career 180** JUL 2025 \_ Now
  - Delivered practical training sessions to university students, focusing on essential soft skills and an introduction to freelancing and digital market readiness, helping them prepare for real-world career challenges.
- **Trainer - Ready for Tomorrow Project funded by Plan International** MAR 2025 \_ Now
  - Deliver youth trainings on Career Coaching, Life Skills, Employability, and Entrepreneurship to boost their market readiness and personal growth.
- **Employment Coach - Digital Egypt Pioneers Initiative at Career 180** OCT 2024 \_ MAY 2025
  - Gave one-to-one & for all Guide online sessions for Career 180 participants, more than 200 sessions.
  - Provide valuable advice and tips to enhance their job search efforts
- **Core Trainer - 360° project at Youth and development Consultancy Institute, ETIJAH** NOV 2022 \_ DEC 2023
  - Delivered TOT sessions using innovative methods such as storytelling, origami, and sports for development.
  - Provided technical guidance on reproductive health, GBV, and child marriage.
- **Trainer - PACs Program at Youth and development Consultancy Institute, ETIJAH** MAY 2022 \_ Now
  - I am working to explain the importance of reproductive health and how we protect ourselves and maintain our reproductive health and deal with all the physical and psychological changes at different stages in our lives.
- **Trainer - Volunteer Clubs Project at Ministry of Youth and Sports** MAY 2021 \_ DEC 2023
  - Delivered workshops and mentored youth under the Volunteer Clubs initiative, supporting community projects and youth-led initiatives.
- **Facilitator – QIAM W HAYAH project AT AJYAL MISR Foundation** DEC 2017 \_ Now
  - Facilitated 300+ awareness sessions for over 10,000 students, promoting values like respect and responsibility across schools and youth centers.
  - Led awareness sessions promoting positive values such as respect and responsibility.

## personal project:

- **TRAINING OF TRAINERS** JAN 2024
  - Designed and delivered (TOT) workshops for 200 aspiring trainers across various youth-led initiatives.
  - Focused on enhancing facilitation skills, interactive learning methods, and effective session design.
  - Post-training follow-ups indicated that 80% of participants are currently active as trainers within civil society organizations.
- **Build your career course –Trainer** AUG 2024
  - Provided career development training to over 800 university students and recent graduates.
  - Offered practical support in crafting professional resumes and preparing for diverse types of job interviews.
  - Achieved a 95% satisfaction rate, with clear improvements in participants' job readiness and confidence.

## Training:

- TOT from Youth and Development Consultancy Institute - ETIJAH and (UNFPA) .
- TOT from Educuality .
- TOT from National Institute for government and Sustainable Develop.
- TOT from the Ministry of Youth and Sports
- Project management: Professional from Google, Coursera

## Activities, volunteering:

- Volunteer in the Bridge Scholarship at ETIJAH for Development and Sawiris Foundation for Development .
- Volunteer in the Manara School Scholarship at ETIJAH for Development and Sawiris Foundation for Development

## Personal Highlights

- Communication skills
- Goal-oriented
- Reliable and multitask
- Team Building & Leadership
- Building Value-Based Relationships
- Strategic Planning
- Analytical and decision maker
- Work efficiently in a team.
- Self-motivated

## Languages:

- Arabic: Mother Tongue.
- English: Very Good