

# Asmaa Zayed Mohammed

## Clinical Dietitian

Cairo -Egypt

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<b>PERSONAL INFO</b>	Date of birth: 29/6/1987 Marital status: Married
<b>OBJECTIVE</b>	<ul style="list-style-type: none"><li>• Helping clients to reach their healthy goals.</li><li>• Correct the wrong thoughts about nutrition.</li><li>• I am seeking a job at suitable established where my background and my experience can be well utilized.</li></ul>
<b>EDUCATION</b>	<ul style="list-style-type: none"><li>• <b>B.SC.</b> In Nutrition and Food Science,.Nutrition and Food Science Department, Faculty of Home Economics Helwan University,(2009).</li><li>• Personal Trainer (met4.training course) 2009</li><li>• <b>Master degree</b> in nutrition from Helwan University. <b>(2014)</b></li><li>• <b>Philosophy degree</b> in nutrition from Helwan University <b>(2021)</b></li></ul>
<b>Work Places</b>	<ul style="list-style-type: none"><li>• Working in El Galaa hospital for childbirth in 2010.</li><li>• Working in El shikh zayed al Nahyan from 2014 to 2020.</li><li>• Working in Healthy care center in Maadi from 2010 to 2013,under supervision of DR : HANY WAHBA(Nutrition Consultant in EL Ahly club ,and assistant professor in NATIONAL RESEARCH CENTER).</li><li>• Working in Arab Contractors Medical Center, from 2010 till 2022.</li></ul>

## SKILLS

### **\*Computer skills:**

- V.Good knowledge of M.S applications

### **\*Language Skills:**

- Native language Arabic.
- Good command of written and spoken English Especially in nutrition field.

### **\*Soft skills:**

- Good communication and interpersonal skills.
- Able to work under stress.
- Ability to supervise and train assigned staff.

### **\*Practical skills:**

- Clinical knowledge of specialized prescribable dietetic products and medications.
- Experience of working with the children, elderly, athletes and individuals with special needs.
- Ability to make researches and presentations in nutrition field such as:
  1. Published research “**Protective Influence of Kiwifruits Against Hypercholesterolemia In Male Albino Rats** “in Egyptian journal of nutrition and health vol.8 NO.1 (2013).
  2. Published research “**Comparative Study Among Cornsilk, Pumpkin Seeds, And Creatine to Test The Efficiency Of Physical Activity In Rat** “in Egyptian journal of nutrition and health vol.15 NO.2 July (2020)
  3. Published research “**Effect of Cornsilk, Pumpkin Seeds, And Creatine On Oxidative Stress Of Male Exercised Rats** “in Egyptian journal of applied sciences vol.35 NO.12 December (2020).

## EXPERIENCE

- World-class **customer service** provided by Dale Carnegie® training.
- Attending Dale Carnegie® Seminar for **communication skill** and Human Relations.
- Sep2009 – jan2010 Basic Business Skills Acquisition (BBSA) Cairo, Egypt  
Sponsored by the Future Generation Foundation (FGF)  
Training (Trainee)
  - \* Developed Language and Computer Skills
  - \* Enhanced Presentation & Project Development Skills.
- Acquired Basic Business Skills including: Marketing, Sales, Banking, Accounting, Business Correspondence, and Report Writing.
- Attending The 7<sup>Th</sup> Annual Conference of Egyptian Arabic Society for Healthy and Therapeutic Nutrition “Sports Nutrition’ March 2018.
- Attending the 2<sup>ed</sup> international scientific conference “Performance and Sports nutrition “OCTOBER 2018
- Attending the united conference of Hepatogastroenterology and Infectious diseases (UCHID) NOVEMBER 2018.
- Attending (ELGHD) congress NOVEMBER 2018.
- Attending 2<sup>nd</sup> Mediterranean international conference of APPLIED DERMATOLOGY and 3<sup>rd</sup> aesthetic in between NUTRITON & DERMATOLGY, NOVEMBER 2018.
- Attending annual meeting of EGSPEN & EMASO, February 2020.
- Attending NUTRIALEX2021, ENHCA 8<sup>th</sup> annual conference, JUNE 2021.
- Attending the 12<sup>th</sup> ARAB DIABETES FORUM (ADF), SEPTEMBER 2021.
- Attending Medical Education for Obesity Management (Module 1), 2021
- Attending the united conference of Hepatogastroenterology and Infectious diseases (UCHID) SEPTEMBER 2021.
- Attending the 13<sup>th</sup> National Egyptian Diabetes congress “DIA EGYPT” , OCTOBER 2021.