





# MUHAMMED SAHAL K E

WELLNESS COACH, WEB DESIGNER

## PERSONAL DETAILS

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house, arafa street, Kollambady,  
Kasaragod -671121

**DOB:** 13/01/2003

## EDUCATION

### SSLC

Thanbeehul islam higher secondary school,  
Naimarmoola (2018)

### HIGHER SECONDARY

Gov. Muslim vocational higher secondary school,  
Thalangara (2020)


### DEGREE

Bachelor of business administration with Travel  
and tourism management,  
Malik deenar college of graduate studies,  
Seethangoli (2023)

## ACHIEVEMENTS

- National Service Scheme (NSS) Certificate (2020)
- Successfully completed training and demonstrating expertise in health and wellness consultancy.

## Languages

-  English
-  Malayalam

## OBJECTIVES

To empower individuals to achieve optimal health and well-being by providing personalized coaching, fostering positive behavioral changes, and guiding clients in developing sustainable lifestyle habits that enhance their overall quality of life.

## EXPERIENCE

### HERBALIFE ASSOCIATE

(Duration: 2 Years -Present)

- Assisted clients with personalized wellness and nutrition plans.
- Provided guidance on Herbalife products and their benefits.
- Conducted wellness classes .

## SKILLS

- Active Listening
- Empathy
- Communication skill
- Goal Setting
- Motivational Skills
- Knowledge of Health and Nutrition
- Time Management
- Problem-Solving
- Adaptability
- Presentation Skill
- Microsoft Office
- Web design (Javascript, Html, Css, bootstrap)

## DECLARATION

I hereby declare that the information provided above is true and correct to the best of my knowledge and belief. I understand that any false information or misrepresentation will lead to my disqualification or dismissal, if selected.

**Muhammed sahal K E**