

# Sheena Darvesh

Fitness Trainer, Social Activist And Influencer

## Contact

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## Skills

Personal training experience

Personal training and coaching

Personal interviews

Training programs

Customer training

## Languages

English

Upper intermediate (B2)

Urdu

Advanced (C1)

Hindi

Advanced (C1)

Successful Fitness Trainer from last 3 years. Expert in functional training, power yoga face yoga, aerobics, Tabata, zumba, meditation, stretching, etc. Organized and dependable candidate successful at managing multiple priorities with a positive attitude. Willingness to take on added responsibilities to meet team goals. To seek and maintain full-time position that offers professional challenges utilizing interpersonal skills, excellent time management and problem-solving skills.

## Work History

2021-09 -  
Current

### Sheena's Workout Studio

Self Employed , Mumbai

- Introduced new methods, practices, and systems to reduce turnaround time.
- Implemented process improvement to shape organizational culture, optimize procedures for higher efficiency and help company evolve and grow.
- Optimized team hiring, training, and performance.
- Trained, motivated and disciplined team of [Number Type](#) professionals.
- Gained strong leadership skills by managing projects from start to finish.
- Passionate about learning and committed to continual improvement.
- Excellent communication skills, both verbal and written.

## Education

2003-03 -  
2005-02

### B.com: Ecommerce

Good Shepherd Academy - Chalisgaon

2011-01 -  
2014-12

### Fitness Trainer: Marshall

K11 - Malad

## Interests

Networking , Surfing, Exploring