



357 - 99250369



ioakeim.h@gmail.com



[linkedin.com/in/ioakeim-h](https://www.linkedin.com/in/ioakeim-h)



Nicosia, Cyprus

# IOAKEIM HADJIMPALASIS

## EDUCATION

### MSc Psychology

2020 - 2021

- **Thesis:** Associative Learning in Humans. Data were analyzed using two one-way Mixed ANOVAs and several Pearson Correlations.
- **Student support:** Live sessions for master's students who requested support with statistics. Explained theoretical and practical topics.

### BSc Sports and Exercise Science

2017 - 2020

- **Dissertation:** Physical Exercise on Mental States. Designed the methodological procedure, recruited and tested participants in a laboratory, analyzed the data collected, discussed findings and successfully developed a scientific report.

### CerTHE Sports Science and Coaching

2016-2017

- **Coaching:** Designed and conducted boxing sessions for beginners, exploring various leadership styles to foster an autonomous learning environment.

## COURSES

### CS50's Introduction to Programming with Python

Functions, Variables | Conditionals | Loops | Exceptions | Libraries | Unit Tests | File I/O | Regular Expressions | Object-Oriented Programming | Et Cetera

### Data Science Infinity

SQL | Python (Numpy, Pandas, Matplotlib) | AB Testing | Machine Learning (Data Preparation, Supervised & Unsupervised Models) | Advanced Applications of Scikit-learn

### Level 3 Fitness Instructing and Personal Training

Anatomy and Physiology for Exercise | Principles of Nutrition | Delivering Personal Training Sessions | Supporting Clients During Physical Activity | Programming Personal Training | Et Cetera

## PROFILE

I'm ioakeim, a driven and innovative individual with a background in data analytics, scientific research, and fitness coaching. Known for my adaptability and eagerness to learn, I offer a wealth of experience gained from reputable organizations in both the UK and Cyprus. I'm passionate about data, equipped with a unique toolbox to enhance quality, resulting in robust research conclusions. Seeking opportunities to creatively apply my skillset within the realm of scientific research.

## WORK EXPERIENCE

### Data Analytics Consultant - KPMG (CY)

Feb 2022 - Present

#### Data Quality Project for an Insurance Company

- Implemented Python automation for a Data Quality Project at an Insurance Company, streamlining data extraction and processing for a BI dashboard. Utilized regular expressions to improve variable quality, extracted data from web sources for city determination, and applied fuzzy string matching for email standardization. Contributed to an NLP algorithm for Greek-English name translation and designed a scoring system to detect duplicate records. Ensured code maintainability through rigorous testing and modularization.

#### Churn Prediction for a Communication Service Provider

- Contributed to a Churn Prediction project for a Communication Service Provider by debugging and testing large volumes of existing Python code for pre-processing and modeling. Developed a script to generate new features from historical data, recursively calculating churn and product switch over a four-year period. Experimented with a rudimentary fbprophet model for revenue forecasting and utilized Pandas to construct contingency tables for product competition analysis. Assessed data quality through correlation plots using Matplotlib.

### Quantitative Social Research Placement - Office for National Statistics (UK)

Jun 2021 - Sep 2021

#### Analysis of Census Data

- Used the R programming language to analyze Census data from 2011 and 2021. Decided on suitable variables, cleaned these and produced descriptives that helped senior leadership diagnose potential issues.

#### Literature Review on Mental Health Among Veterans

- Performed a literature review about the mental health of veterans in England and provided a concise summary of the main findings using tables and references.

### Fitness Instructor - MyGym (CY)

Jun 2019 - Sep 2019

- As a fitness trainer, I excelled in client consultation and communication. I engaged clients in comprehensive discussions about their lifestyles, goals, and health histories, ensuring a holistic approach to their fitness journey. This allowed me to tailor personalized strategies for achievement, taking into account individual needs and preferences.



357 - 99250369



ioakeim.h@gmail.com



[linkedin.com/in/ioakeim-h](https://www.linkedin.com/in/ioakeim-h)



Nicosia, Cyprus

# IOAKEIM HADJIMPALASIS

## TECHNICAL SKILLS

### Research and analytics

Proficient in scientific research with strong statistical analysis skills. Experienced in studying athletic performance and mental states in real participants. Skilled in designing and executing research projects from inception to publication.

### Data processing

Automating data processing tasks and streamlining repetitive processes. Ensuring data accuracy, addressing missing values, managing categorical data efficiently, and optimizing data relevance.

### Evidence-based coaching

Expertise in personalized and group training, focusing on enhancing strength, endurance, hypertrophy, athletic performance, and overall fitness. Capable of designing customized programs from thorough assessments and committed to staying updated with the latest research.

## CORE SKILLS

### Problem-solving

A self-taught computer programmer skilled in uncovering key insights from complex data, vital for analyzing sports performance metrics. Proficient in devising plans for complex issues, staying adaptable, and achieving optimal outcomes through evidence-based decision-making.

### Communication

Regularly collaborates with colleagues and clients, leveraging a diverse background and unique perspective to understand individual needs and motivations. Facilitates effective communication with both technical and non-technical stakeholders.

### Teamwork

Adaptable, open to feedback, and committed to clear, efficient work. Strong creativity and collaboration skills that drive successful project outcomes while valuing and integrating team ideas and perspectives.

## PROJECTS

### Data Analytics

- As a data consultant, I tackled intricate data challenges daily. To streamline this process, I developed [DataGlitch](#), a Python package tailored for efficient and seamless management of messy data.
- My [data science portfolio](#) centers on extracting meaningful insights for business applications, a capability refined through my proficiency in statistical analysis for sports and social research.

### Research

During university, I conducted research projects with real participants, independently designing methodologies, preparing data, and performing SPSS analysis. I also collaborated with professors on scientific articles, leading in reporting and discussing findings.

#### Introducing Change: Effortful Control Training on Food Evaluations and Unhealthy Choices

- Investigated a new Stop-Change paradigm's impact on food evaluations versus the traditional Stop-Signal task. Explored effortful control's role in a study with 316 participants. Found no significant differences in liking or cravings between groups but noted a link between effortful control and unhealthy food choices in the change group, indicating cognitive demands affect food evaluations.

#### Cardiovascular vs Resistance Training on Affective States: A Pilot Study

- The study aimed to compare the effects of acute aerobic exercise and resistance training on affective states. Nine healthy Cypriot undergraduate students participated, undergoing both aerobic exercise and resistance training sessions. Results showed no significant differences in affect between the two exercise types.

#### Autistic Traits and Empathy: A Correlational Analysis

- Researched the connection between autistic traits and empathy in a sample of 191 participants. Found a negative correlation between autistic traits and cognitive empathy, with no significant association with affective empathy. These findings provide insight into the cognitive aspects of empathy in individuals with autism.

## ATHLETIC EXPERIENCE

### Resistance Training

Over a decade of dedicated gym experience has honed my skills in resistance training, with a focus on strength and hypertrophy. I integrate scientific evidence into my practice and delve into nutrition to optimize outcomes. This journey has deepened my understanding of the intricate relationship between training, nutrition, and performance, while also recognizing the psychological factors that contribute to consistency and success.

### Long-distance Running

I've cultivated the mental toughness to endure races across varied environments and temperatures. I'm dedicated to optimizing my nutrition for peak performance and refining my running technique to minimize injury risks while maximizing efficiency. I strategically prepare for key events, achieving successful finishes like the renowned Athens Marathon the Authentic. Additionally, I integrate strength training seamlessly, recognizing its importance for injury prevention and overall performance enhancement.