



Name: Ivan Debs.
Date of birth: February, 23rd, 1982.
Address: Ankawa, Erbil .
Nationality: Syrian.
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- Associate's Degree
Technical Institute for Mechanical
& Electrical Engineering.
Damascus, Syria – 2001-2003
- High School Diploma
John The Damaskian Highschool
Homs, Syria – 1998-2001

Skill Category	Percentage of Respondents
Activity, Endurance & Stamina	95%
Personal Training	90%
Leadership & Teamplay	75%
Decision Making	95%
Pressure Handling	85%

- **Arabic:** mother tongue.
- **English:** fluent in speaking, reading and writing.

Available upon request.

Coach, PSS Provider & Social Worker

"All you need is the plan, the road map, and the courage to press on to your destination"

A contributor filled with energy, strength and enthusiasm. From professional gym coaching to extending Psychological Support to youths inflicted by war through a variety of UN-funded projects, my career focuses on the remedy of both body and spirit, with an overall goal that seeks a deeper knowledge of self, and making a better influence on the world.

NOV 2018 - Present

Personal Trainer | Fit Body Erbil Studio
Erbil Dream City, Erbil

- Expert instructor regarding the EMS (Electronic Muscle Stimulation) fitness method.
- Guided dozens of members toward rapid weight loss, muscle building, cellulite reduction, and a healthier lifestyle.

JUN 2017 - DEC 2017

Activity Organizer | Angelic Association of Anis Saadeh - AMAL
Mashta Al-Hulu, Tartous, Syria

- AMAL was a 7-month, UNICEF-funded, children Psychological Support Program hosted by the charity association of Anis Saadeh.
- My duties involved creating recreational activities for over 200 children and 100 youths, from brainstorming to paperwork and execution.

JAN 2012 - NOV 2018
Fitness & Bodybuilding Instructor | Al Mashta Sports Club
Mashta Al Hulu, Tartous, Syria

JAN 2010 - NOV 2011
Receptionist & Cashier | Al-Karm Hotel
Mashta Al-Hulu, Tartous, Syria

JAN 2008 - NOV 2009
Salesman & Marketer | United Group (UG)
Damascus, Syria

JAN 2003 - NOV 2005
Call Center Agent | Syriatel
Damascus, Syria

- **Psychological Support Services (PSS).** DAMASCUS, SYRIA - MAY 2017
A UNICEF-organized training course.
- **Training of Trainers (ToT).** DAMASCUS, SYRIA - MAY 2017
A UNICEF-organized training course.
- **Personal Trainer (Coach) Certificate.** HOMS, SYRIA - JAN 2015
Syrian Arab Bodybuilding Federation.