

Curriculum Vitae for Francois Joey T Nyashanu

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Personal Attributes

- I am a hardworking, innovative, and positive-minded individual.
- Ability to adapt to changes at the workplace and to work under pressure.
- I can work as an individual and deliver. This also extends to being able to work with other personnel in a team.

Academic qualifications

- Ordinary Level (8 passes) including Mathematics.
- Advanced Level (2 passes)
- Professional level (Bachelor of business studies in Human Resources Management)

Sporting Achievements (Bodybuilding and Fitness)

I have been able to collect a couple of accolades including but not limited to:

- Arnold's Classic Africa Model Search (Gold medalist) 2023
- Marume Classic 2022, Men's Fitness category (Silver medal)
- Marume Classic 2023, Men's Fitness (Bronze medal)

- World Fitness Federation Zimbabwe Kings and Queens Grand Prix 2023, Sports Model (bronze medal)
- WFF Zimbabwe Novice Cup, Bermuda Beach Model (Bronze Medal)

WORKING EXPERIENCE

Sales Person (Cairns Foods Limited)

- I have worked for Cairns Foods Limited. My duties included marketing our products to potential customers.
- Merchandising products to attract customers
- Making orders and compiling weekly reports for management

Ministry of primary and secondary education

- I worked there as a HRM intern. My duties included writing introductory letters to new educators in the industry, taking minutes in meetings, disciplinary and hearing procedures, etcetera.

Fitness Freaks Gym

- I have been working in this Gymnasium from the year 2019 up to date. I am a Fitness Trainer as well as a manager.
- My duties included:
- Intensive Cardiovascular workouts that involve Aerobics, Calisthenics, and Weight resistance workouts
- Maintenance of members' subscriptions
- Recovery workouts for injured athletes
- Giving athletes comprehensive diet plans to help them achieve their goals
- Basic self-defense techniques

References

Haley T Rex

Director of Arnold's Classic Africa Model Search (+27746051983)

Malvern Marufu

Human Resources Manager at Cairns Foods Limited (+263 777439808)