

MOWRAD ROWNAK

Oakville, Ontario, L6L 2J8 | (437) 882-0125 | mowrow@gmail.com

Summary

Dependable, **safety** and **health** conscious, **diligent** individual seeking new opportunities in Halton or BC. Physically **fit** and accustomed to active roles requiring **safety awareness**, **stamina**, and **teamwork**. Open to retail, warehouse, or maintenance work in the construction sector that provide steady work and growth.

Core Competencies

- **Working at Heights** certified by Worksite Safety - 2026
- Worker Health and Safety Awareness in **4 Steps** certified by MLTSD – 2026
- **WHMIS** (Workplace Hazardous Materials Information System) certified by CCOHS – 2025
- **Basic First Aid** / CPR & AED certified by ASHI – 2019
- **Driver's license** class G – 2009, with clean driving record and private vehicle
- **Diversity**: experience in various fields including farming, painting, plumbing, masonry, and carpentry
- **Dependability**: work proactively to minimize future problems by preventing breakdowns and keeping things in order with proper documentation
- **Adaptability**: practiced various cultures' disciplines, travelled frequently, lived in three continents. and coached different people with varying backgrounds and capacities
- Safe **lifting** of at least 50 pounds, and equipment handling including **power tools** such as mechanical saw, jigsaw, buzz saw, lawn mower, and string-trimmer
- Capable of effective **problem-solving** especially due to having experience in troubleshooting
- Excellent **hand-eye coordination** especially due to experience in various martial arts
- **Tech-savvy** with experience in various commercial and open-source operating systems (Android, Windows, Linux), office applications (entire MS Office suite, OpenOffice, LibreOffice, WPS Office), and marketing software (esp. social media)

Work Experience

Casual handyman | DIY, family, friends, part-time | 2020 to current

- **Clean** roof-gutters, HVAC, related vents, and pest / pet waste
- Perform routine upkeep including **raking**, **mowing**, **snow-clearing**, and swimming **pool maintenance**

- Solved **pest** (especially fruit-fly and mice) problems economically, proactively, and often in a peaceful manner e.g. converted tote into cage for safe disposal
- **Assembled** various items such as chairs, table, cage, etc.
- Fixed **wooden scabbards** and converted long wooden sword into two types while maintaining appropriate sheaths
- Dismantled **tiles** and **cement**, and removed rubble, other debris, and construction materials as well as prepared and replaced **cement**
- **Painted** and wallpapered walls, **polished** furniture
- Performed **farming** tasks including preparing soil, de-cropping, and harvesting during WWOOFing trips
- Worked as a **porter** for furniture items

Health & Fitness Coach | No Dojo Ninja Dojo, 360 Combat Club, Bujinkan Tori | 2017 to current

- **Instruct** individuals and groups in fitness and spiritual growth through many disciplines especially in self-defence, Calisthenics, Martial Arts, and Yoga
- **Design** training programs based on client abilities and goals
- **Promote** classes, workshops, and wellness products and programs through in-person and offline outreach

System Administrator, Technician, & Purchaser | Baker Tilly MKM | 2005 to 2017

- **Installed** systems and applications with documentation for efficiency
- Managed **purchasing** of hardware and software to support operations
- Maintained organized **documentation** for proactive efficiency

Education

- **BBA** in eBusiness | American Intercontinental University | 2005
- **Professional Writing** and **Office Suite** courses in IT degree | York U | 2003
- **High School** Diploma | Abu Dhabi International School | 2000
- Translation **Certificate** (Arabic to English and vice versa) | University of London | 1998

Awards and Acknowledgements

- Bilingual: fluent in **English** and excellent in **Arabic**
- Completed multiple **workshops** in sales & marketing, yoga, various martial arts, and self defence
- Proven endurance by having completed various **challenges** such as Ninja Warrior Course, and **hosted** in self-defence and self-development through art and fitness at various events such as Japanese Festival