

# MOWRAD ROWNAK

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## Summary

**Health conscious** and **active** professional with experience in coaching, wellness promotion, and fitness instruction. Skilled in supporting clients with diverse goals and fitness levels. I bring an **energetic, adaptable,** and **open minded** attitude with strong **endurance** suited for gyms, recreation centres, and wellness facilities.

## Core Competencies

- **Certified** in Simplified Kundalini Yoga from SKY, Ninjutsu from Bujinkan Tori, Muay Thai Boran from Be Muay, and Wing Chun from EWTO
- **Basic First Aid** / CPR & AED certified from American Safety & Health Institute – 2019
- **Driver's license** class G – 2009, with clean driving record and private vehicle
- **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)
- Health and fitness **instruction**
- Diverse exercise **designing** for strong engagement
- Client **motivation** and goal setting
- **Safety** and injury prevention awareness
- **Team** collaboration and communication
- Physical **stamina** and reliability
- **Event** organization and coordination
- **Customer service** and professionalism

## Experience

**Health & Fitness Coach** | No Dojo Ninja Dojo, 360 Combat Club, Bujinkan Tori | 2017 to 2025

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

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

- **Installed** systems and applications
- 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**
- Always eager to **learn and develop** proven by having completed multiple workshops in sales & marketing, various forms of Yoga, Martial Arts, and self-defence
- **Ambitious and enduring** by having completed various challenges such as Desert Warrior Challenge, Spartan Race, Ninja Warrior Course, and marketed some such as Big Workout Show, TK MMA, and even hosted in events for self-development via art and fitness aside from self-defence at Japanese Festival, Sikka Art Fair, Ripe Market, and Yoga at Ubermenzch Outdoor Cinema