



**CV - version 3.7**

(Latest updates are indicated in grey)

February 2022

Dear Sir/Madam,

I am a **bilingual** (English/Arabic) **Canadian** with an **eBusiness BBA** degree, a Simplified Kundalini **Yoga** certificate, a Bujinkan Budo Taijutsu **Ninjutsu** teacher certificate, internships at five companies, **full-time** job at 2 companies and various other **freelance / part-time** experiences and certifications.

I am seeking a job in **internet-marketing** (especially vlogging, blogging & copywriting), **public speaking**, **wellness** (including health & fitness, meditation, self defense, lifestyle psychology & philosophy), or **sustainability** (including organic farming & nature survival). I seek this with a company that values ethics, efficiency, and contemporariness especially in the wellness / sustainability sector.

Looking forward to serve at and learn from your esteemed organization,  
*Mowrad Rownak*

## PROFESSIONAL SUMMARY

Status: over **17 years** of regular experience (as of 2005)

**Career Objectives:** To work with an ethical, efficient, and contemporary company, help achieve its goals, as well as improve myself in internet-marketing, self-growth, sustainability, and public speaking

**Core Strengths:** My primary strength is enabling **efficiency** (via organization, digitization, systemization, documentation, optimization and security). My secondary strength is enabling **sales** (via research, professional communication, design, and creativity).

## MAIN EXPERIENCE



### **IT & Marketing Consultant @ Baker Tilly MKM & ARCA - Dubai & Abu Dhabi**

2006 to 2017 (full-time), 2018 to current (part-time)

- **Administration: compiling & editing** information (including website contents), **researching, purchasing and coordinating** IT installations and upgrades
  - for 'Informap Group' (6 months): **researching** (net and telephone), **systemizing** (Global Data Bank) and **filing**, preparing and presenting **statistics**, writing **manuals** and **editing**
- **Sales & Marketing:** constructing **presentations & ads, copywriting** (sales-letter, squeeze page, other) & email-marketing, **HR:** outsourcing (especially over the internet)
- **IT:** system **administration, web & email** (website design, domains, hosting, maps, standardization), **installing** and upgrading various software, **consulting, writing** instructions & manuals, **troubleshooting**.
- **Finance: accounting** (including setting up accounts) and **auditing** (accounting records).

**Tools:** MS: Word, Excel, Access, [PowerPoint](#), Outlook, Outlook Express, Windows Mail, Windows (XP Pro, Vista, 7), Linux - Zorin (based on Ubuntu 15), CardScan, PeachTree, Tally, Joomla, WordPress, Adobe Dreamweaver, Nitro PDF, oDesk, eLance, eBay, Amazon.



### **Training organizer, marketer, & instructor - Dubai & Abu Dhabi & online @ 360 Combat Club & Bujinkan Tori & No Dojo Ninja Dojo**

2009 to current

- marketed, organized, & taught regular **classes & workshops** in Ninjutsu, Calisthenics, & Yoga (philosophy, self defense, meditation) including for instructors from abroad
- marketed wellness **products & services** via regular documenting, web designing, social media marketing, vlogging & blogging
- **marketed** for and held **workshops** for **events** and **groups** such as Japan Connection 2013, Japanese Cultural Day 2014, Sikka Art Fair 2017, Health & Fitness Fun Festival 2017, Ripe Market 2019

**Tools:** Meetup, inShot, [YouTube](#), [Blogger](#), [WordPress](#), [WordPress site](#), [DropBox site](#), LibreOffice **Writer**, WPS Office (Writer, Presentation), Adobe Reader, [FaceBook](#), [Instagram](#), WhatsApp, Fiverr



## **Calisthenics organizer, marketer, & instructor - Dubai & Abu Dhabi @ Age of Rage of Range & Natural Living Alliance**

2010 to 2018

- **marketed, organized, & taught** regular classes in creative **calisthenics**
- **marketed, organized, & participated** in **events** such as Desert Warrior Challenge, Spartan Race, Yoga Fest, The Big Workout Show, Etisalat Fitness Fest, Fitness Expo (plus sales), Tempo Dance Center, Ninja Warrior Course, Dubai Fitness Challenge
- **marketed, organized, & participated** with **establishments** such as Desert Dream, Wadi Adventure, TK MMA, One Fighting Championship, Against Graviti, Parkour Dubai, Hub Zero, The Green Planet
- held **3LAW Yoga** workshop for Ubermenzch Event Management @ Free JLT Outdoor Cinema 2016

Tools: Meetup, WPS Presentation / Microsoft PowerPoint, [FaceBook](#), WhatsApp



## **Wellness Nutrition researcher, organizer, & marketer - Dubai & Abu Dhabi @ Whoop Ass Party & Dubai Vegan & Abu Dhabi Vegan & Natural Living Alliance**

2014 to 2018

- **managed** Dubai Vegan & Abu Dhabi Vegan social media & blog
- designed The Dubai Vegan Guide **website**, researched & wrote its **contents**
- **marketed & organized** wellness **parties** (dancing, nutrition, trivia)
- **marketed & organized** for **establishments** such as Freedom Pizza, Regiment Lifestyle, Raw Love Vegan, Pure Vegan Love, Nepalese Himalayan, Vegan & Healthy, Organic Foods & Cafe

Tools: Meetup, WPS Presentation / Microsoft PowerPoint, FaceBook, WordPress

## EDUCATION



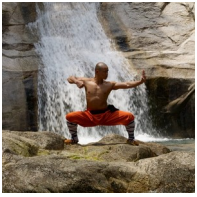
### Qualification

- Simplified Kundalini **Yoga** (SKY) certified - 2021
- Bujinkan Budo Taijutsu (Takamatsu den) certified **Ninjutsu** teacher with Bujinkan Tori - 2018
- **Muay Thai Muay Boran** rank 3 certified with Be Muay (Thailand) – 2014
- **Bachelor** of Business Administration in eBusiness with American University in Dubai - 2003 to 2005
- **High School** diploma with Abu Dhabi International School - 2000
- **Translation** diploma (English-Arabic and vice versa) with Abu Dhabi International School - 1999

**DOTCOM**  
**SECRETS**

## Professional Training

- **Internet Marketing** seminars & courses & private coaching with Right Selection, Internet Business School, DotComSecrets, Samar Hayat - 2009, 2010, 2011, 2017, 2018
- **Self Development** seminars, workshops, & courses with RAW Group, The Life Designers, MonthlyMentor - 2009
- **Professional Writing** concentration in IT bachelor of arts degree with York University (Canada) - 2000 to 2003



## General Training

- **Acting Exercise** for Arab Film Studio by Image Nation, Film Independent, & TwoFour54 - 2021
- **Tantra Sastra** (Dakshina Marga / right hand path) with Sree Bhairavi - 2019
- **Beginner Actors** workshop with Abu Dhabi National Theatre - 2016
- **Shaolin QiGong** workshop with The Third Eye Centre - 2015
- **Pranic Healing** workshop with World Pranic Healing Foundation - 2015
- **Zen Buddhism** retreat including Zazen, tea sermon, Ikibana, & calligraphy with Nan'yoji temple (Japan) - 2015
- **Yoga & Pilates** classes (group & private), bootcamps, & workshops with Bikram Yoga, Illuminations, Surya Kiran Ashram, Yoga Fest, X Yoga, Yoga Barn (Bali), Fitness First, Sea You, Real Pilates, Club Stretch, Zen Yoga, Inspire Yoga & Pilates - 2003, 2008 to 2015, 2016, 2019
- **Nature Survival** (including stealth camping & experimental treks) with a senior group in Dubai & many hiking trips (including wilderness camping, group & solo) in Madeira island - 2015 & 2018
- **Vegan Cooking** workshops with DaVinci Lifestyle, Hello Chef, & other (Bali) - 2014 & 2017
- **Raja Yoga** workshops with Brahma Kumaries World Spiritual University (Mount Abu, Chandigarh) & Inner Space - 2008 to 2013
- **Sudarshan Kriya Yoga** & related workshops with The Art of Living - 2009 to 2012
- **Anapanasati & Hatha Yoga** vipassana (silent retreat) with International Dhamma Hermitage (Thailand) - 2010
- **Reiki** & Crystal Meditation workshop with Desert Therapy - 2009
- **Strength Training** (General Fitness, Bodybuilding) guidance from various gym coaches and Global Health & Fitness - 1995 to 2005
- **Basketball** classes & tournaments at high school & an independent club - 1995 & 1996



## Arts Training

- **Bujinkan Budo Taijutsu Ninjutsu** classes (private & group), workshops, & bootcamps with 360 Combat Club, Bujinkan Tori Honbu Dojo, Bujinkan Honbu Dojo (Japan), Tokyo Budokan, Bujinkan UAE - 2007 to 2018
- **Calisthenics** classes (private & group) with Against Gravity & Fit Squad - 2016, 2017
- **Kali** classes with Steven Drape & Master Alfonso II - 2009 & 2017
- **Muay Thai Muay Boran & Boxing & Bokator** classes (private & group), bootcamps, & workshops with Be Muay, Tiger Muay Thai, Dragon Muay Thai (Thailand), Arab Muay Thai Federation, KruMuay Thai, Abu Dhabi Muay Thai, Shangrila, TK MMA, Sim Sottoum - 2007 to 2015
- **Kenbu** workshop with Samurai Kenbu Kyoto (Japan) – 2015
- **Tai Chi Chuan & Bagua** classes (private & group) with Tai Chi Bali, Yoga Barn, Seeds of Life, iTaiChi - 2015, 2020
- **Bando** workshop with American Bando Association - 2015
- **Wing Chun Kung Fu** classes (private & group), workshop & boot camp with EWTO & Yui Choi Yui Kay's Wing Chun of Foshan (China) - 2011, 2012, 2015
- **Pencak Silat** classes with Silat White Crane (Bali) - 2014
- **Parkour** classes (private, group, & semi-private) with Parkour Dubai & UAE Parkour - 2013
- **Capoeira** classes (semi-private & group) with DCC & ABADA - 2013
- **Shaolin Kung Fu** classes (private & semi-private) with Oosen near Shaolin Temple in Henan (China) - 2012
- **Salsa & Street Dance** classes with Sheraton Abu Dhabi, Fitness First, other - 2010
- **BJJ, Wrestling, Judo, Aikido** classes with Abu Dhabi Combat Club - 2010
- **Karate** classes with various schools (Abu Dhabi, Jordan, Canada) - 1997 & 2001 & 2004

## OTHER EXPERIENCE

- **Volunteer organic farming** with Surya Kiran Ashram (Bulgaria), Garden of Ecologic (Montenegro), Wiki Hostel (Italy), Farmer's Yard (Bali), & Melanchyk house (Ukraine) - 2017, 2016, 2014
- **Real estate** interior design, investment, sales, marketing, & management - 2015 to current
- **Managed** eco-friendly hostel Rumah IDEA (Bali) - 2014
- **Sales** by part-time job with InCite marketing research in telemarketing - 2007, Mar.
- **Researching, planning, and communication** by Red Cross workshop participation in working with a team and researching educational e-material - 2002, Jan.

## TECHNOLOGY

- Organizational: Rational Rose, Microsoft Office, OpenOffice, WPS Office, LibreOffice
- Operating: Microsoft Windows: XP Pro, 7, 8, 10; Google Android: 9, 10, 11; Linux: Zorin (Ubuntu 15)
- E-mail: Outlook, Outlook.com, Outlook Express.
- Web-design: Publisher, FrontPage, Joomla, WordPress, Blogger, Google Business
- Social Media Marketing: FaceBook, Instagram, Twitter, Snapchat
- Search Engine Marketing: Blogger, WordPress, YouTube
- Media Editing: inShot, IrfanView, Paint, Paint 3D, Instagram, Snapchat

## TRAITS

- **Creative** free thinker yet highly **disciplined & organized**
- **Open-minded** and **adaptable** by residence in different parts of the world (UAE, Jordan, Canada, India), long & frequent travels (esp. Europe & Asia), friendships of different origins, as well as vocation at different companies
- **Technology literate** by use of the internet for communicating, documenting, researching, shopping, and planning as well as constantly trying various new software and hardware

## PROGRESS & ACHIEVEMENTS

- **Psychology:** highest score in high school, with grades above the cap (due to bonus questions)
- **TOEFL test:** second highest grade in high school
- **Swimming:** swimmer since 1992, fastest swimmer in high school, adept at all strokes including dolphin, whale, crunch-stroke, quad-crunch stroke, reverse breast-stroke, reverse crawl-stroke, reverse back-stroke
- **Parkour:** 3 meter barefoot precision / stride jumps on concrete, capable of chin-high kong jumps and all standard vaults including dash and kong variations
- **Tricking:** capable of all (single / double handed) front & back hand-springs, aerial, front-flip, and all flips on trampoline or water
- **Calisthenics:** capable of many techniques such as muscle-ups, front sits, drop holds, side sits, side turns, front turns, inverse crunches, tiger dips, reverse dips, dynamic levers on standard high bars, **typewriter**, **archer**, **hanging: steps & multi-kicks & flutter-kicks & grip switches**, and human-flag
- **Ninjutsu:** highly adept with bo, hanbo, shuriken, shaken, & kusari-fundo, as well as shinobi iri (stealth movement), good all-round skill in striking, grappling, and evasion especially
- **Creativity:** pioneered 3LAW Philosophy & Yoga (9 variations), Nature / Urban Workout (3 variations), Pool Workout (7 variations), Ninjutsu Workout, Tae Bo 360, Strength Band Workout, Mind Body Fusion (2 versions), Pilates Workout (3 versions), Element Workout (punching, kicking, dancing, stepping, shaolin), Dance Workout, Art of Punching / Kicking, KiJutsu
- **Diet & Sustainability:** vegan since 2014 (gradually more raw & organic), water fasting every other day up to 36 hours & every month for 72+ hours, minimal purchase & usage of plastic, otherwise always recycling
- **Scores of testimonials @ [www.mowrow.net/CV](http://www.mowrow.net/CV)**

## PERSONAL INFORMATION

**Date of Birth:** February 25th 1982

**Visa:** Sponsor (to Jan. 2026)

**Nationality:** Iraqi Canadian

**Status:** Single

**Driver's License & Vehicle:** Available

**Languages:** English (fluent), Arabic (excellent), French & Japanese (basic)

### Contact:

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