

CVmore - version 2.1

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EDUCATION

American Safety & Health Institute (Dubai)

2019

First Aid, CPR & AED workshop

Bujinkan Tori HQ (Serbia)

2018

Organic Farming workshop

AcroYoga Dubai, Yoga Temple, Kharkov Acroyoga Community (Ukraine)

2017

AcroYoga group & private classes

National Archaeological Museum, Acropolis, Acropolis Museum, Plato's Academy, Plato's Academy Museum, Aristotle's Lyceum (Greece)

2017

Philosophy, biography, mythology, ancient Greece study

Les Art Turks, Yenikapi Mevlevihanesi, Galata Mevlevihanesi (Turkey)

2017

Sufism workshops

Elements study

2015 to current

Studied alot of material (especially from Foster Gamble, Peter Joseph, Jordan Duchnycz, David Gikand, Ninjutsu Takamatsu-den, Tantra Sastra with Sreebhairavi, Introduction to Tantra Sastra by sir John Woodroffe, Simplified Kundalini Yoga of Vethatiri maharishi, Kundalini Tantra by swami Satyananda Saraswati) about the elements / energy centres / chakras and their relation to movement, postures, colors, seasons, horoscopes, sacred geometry, nadies, etc.

Tools: YouTube, Notepad, books, Pinterest, museums & articles

Politics, Paranormal, & History study

2016 to current

Studied alot of material (especially from Simon Parkes, David Ash, and Lloyd Pye) about the mysteries of ancient history & war strategy, & the paranormal. Obtained a lot of knowledge about the afterlife / ethereal realm / Spirit World (especially from long time researcher Richard Martini and hypnotherapist Irina Nola).

Tools: YouTube, Notepad, museums & articles (esp. from Quora)

Monthly Mentor (life mentoring program), internet (Toronto)

2009, December - 2016

Read & watched emailed content, understood program, applied life planning & review system

Tools: N/A

Christianity study

2008

Cell group in Dubai & various church sermon visits

Internet Business School, internet (UK)

2009, December - 2011

Asked some questions, read and applied the answers

Tools: N/A

Dot Com Secrets, internet (US)

2009 to 2010

Read & applied material with regular private coach consultations

Tools: N/A

ETS (TOEFL test), internet (Dubai)

2007, December

Passed TOEFL test

Tools: N/A

ETS (SAT test), Abu-Dhabi

1999, June

Passed SAT test

Tools: N/A

University of London (translation), Abu-Dhabi

1998, June

Passed English-Arabic, Arabic-English test

Tools: N/A

PROFESSIONAL EXPERIENCE

Satyam, Hyderabad & Chennai, eMarketing Rep. Trainee

2006, May to November

- Designed **flyer** for FUTURUS (Enterprise Business Solutions lab unit).
- Compiled info, designed template, and wrote website **contents** for FUTURUS' projects.
- Set up **dial-up via GPRS** connections, and **purchased** necessary infrastructure.

Tools: Microsoft Word

Jebel Ali Container Glass Factory FZE, Dubai, eBusiness Rep. Trainee

2006, April – May

- Designed** website, as well as researched, compiled, organized, and wrote its **contents**.

Tools: Macromedia Dreamweaver (with HTML, CSS)

Al-Rubaie Chartered Accountants, Dubai, Executive Assistant & Auditing Trainee

2006, January – March

- Helped Principal Partner with day-day operations (database, reports, etc.).
- Audited: gold stock and Sales Vouchers (of International Distribution Establishment).
- Prepared marketing presentations: Dubai business potential (for Government of Brandenburg), Emaar's Dubai Marina auditing report.

Gale Pacific, Dubai, Telecommunications Assistant Trainee

2005, June – August

- Designed **website** as well as researched, compiled, re-wrote and designed its contents.
- Recruited** an employee.
- Researched & purchased** compatible automated answering service.

Tools: Microsoft Frontpage, Microsoft Outlook.

Al-Rubaie & Co. Chartered Accountants, Abu-Dhabi, Auditing Trainee

2004, June – July

- Auditing of a large local company's Arabic PVs & JVs with supervision of 2 experts.

Rushdi Al-Shakarji Claims Bureau, Abu-Dhabi, Writing Trainee

2003, June – July

- Wrote various **reports and letters** in English and Arabic, and **proof-read** documents.
- Learned to **type** in Arabic.

Al-Rubaie & Co. Chartered Accountants, Abu-Dhabi, IT Contractor

2002, June – July

- Installed LAN communication **system** with two servers, for file-transfer and note-sending.
- Wrote a **manual** for the communication system.

Tools: Sonork, Microsoft Word.

OTHER EXPERIENCE

- Stunts acting: **Vanguard** movie (starring Jackie Chan), Dubai - 2019
- Strength, team work, planning & communication skills: porter & interior organizer at **Funchal City Apartments**, Madeira - 2018
- Strategy, environmental awareness, energy efficiency: **Samurai Battle Game** competition with Tyanbara Wars IKUSA (Japan) – 2015
- Public performance and martial & acting skills: **Muay Boran demonstration** at Le Meridien studio for Abu Dhabi Muay Thai (under Kru Muay Thai) - 2012
- Leadership, communication, sales, presentation, marketing, networking, advertizing, planning and process-engineering: Marketer, Training Host & Assistant Instructor at **360 Combat Club**. Dubai, December 2008 to March 2009.
- Web design & technical writing: designing **Iraqi Business Council's** website while coordinating design and information with team - 2006
- Business planning, web designing: online forum making by establishing **UAE//usedbooks\Online** with phpBB. 2005, Aug. to Dec.
- Writing, professional-writing, editing, designing (with Microsoft Publisher), and advertizing: eBusiness Coordinator position at the **BSA (Business Student Association)** at American University in Dubai. 2005, Jan. – Dec.
- Sales, direct-selling / network-marketing: attending training and joining as Distributer for **Harmonde & SeaNet International** - 2005 & 2008
- Researching, writing, editing, & designing: **IEEE's** ePayment system conference participation in co-authoring and editing article, as well as designing flyer - 2004, Jun. to 2005, Jun.
- Researching, marketing, advertising, designing, writing: **student bus service** setup. 2004, Jan. – 2005, Jan.
- Web-designing, writing and documenting: building personal website (**mowrow.net**). 2003 – current.
- Sales: **Action Committee** (York University) by fund raising. 2002, Oct.
- Planning, documentation and systemization: regular planning, systemizing, and documenting (mowrow.net/systems). 2001, Mar. – current.
- Creative writing, web-designing, and systemizing: various topical blogs (linked to through mowrow.blogspot.com). 2001, Jan. – current.
- Strength, team work, planning & communication skills by working as janitor at **Glendon College**, York University - 2001

TECHNOLOGY

- Communication: phpBB, Sonork, mIRC, Skype, MSN, YM, AIM, ICQ, Trillian, LinkedIn, MySpace, hi5, Orkut, FaceBook, Instagram, WhatsApp, Telegram, Viber, SnapChat.
- File-Transfer: CuteFTP, BulletProof FTP, WS_FTP, Flash FXP, Microsoft Windows workgroups, Azureus.

•Blogging: Blogger, Yahoo Profiles, MSNSpace, LiveJournal, WordPress.

TRAITS

- Healthy** by positive-thinking, hygiene, nutrition, exercise, and meditation.
- Efficient** by systematic and organized tendencies shown by regular planning, documenting, and organizing.
- Disciplined** & spirit-oriented; love to genuinely assist others with no thought of the self

HOBBIES

- Self-Defense**: Bujinkan Ninjutsu, Muay Thai Muay Boran, Wing Chun Kung Fu.
- Sports**: street workout, nature workout, urban workout, tao chi style jogging, pool workout, swimming, Parkour, Escrima / Kali / Arnis).
- Meditation**: sun gazing, 3LAW Yoga (sitting / standing), 3LAW Philosophy, Ninjutsu meditation (13 forms), Sudarshan Kriya, Raja Yoga, Hatha Yoga, KiJutsu, QiGong, Tai Chi Chuan, Tao Chi.
- Designing** (web / interiors / other), **organizing, systemizing**
- Writing** (technical or blogging) and **social-networking**.
- Health & Fitness**: nutrition, meditation, breathing, strength-training, cardiovascular.
- Reading**: esp. spirituality, health & fitness, politics.
- Discovering** different cultures, places, foods, drinks, programs, or websites.

SEMINARS & WORKSHOPS

- self-control and meditation: 3 day Sahaj Samadhi Meditation Program seminar & workshop by **The Art of Living**. Abu-Dhabi, January 2010.
- spiritual knowledge: 1 day A Vision of Inner Beauty seminar & workshop by **Brahma Kumaries World Spiritual University**. Abu-Dhabi, December 2009.
- internet-marketing: 2 day **Unlimited Power Online** seminar (presented by 12 Internet Marketing gurus and entrepreneurs) by Ernesto Verdugo and Right Selection. Dubai, November 2009.
- self-control, success-psychology and hypnosis knowledge: 1 day **Life Design Boot Camp** by The Life Designers founder Dave Crane. Dubai, October 2009.
- self-motivation and success-psychology: 1 day **The 8th Unleash Your DNA** Seminar by RAW Group. Dubai, September 2009.
- spiritual knowledge and meditation ability: 6 day seminar and workshop Part 1 / Basic Course by **The Art of Living**. Abu-Dhabi, June 2009.
- spiritual knowledge and healing ability: 1 day First Degree Reiki workshop by Jacqueline Allison of **Desert Therapy**. Dubai, May 2009.
- knowledge and skill in self-protection: 1 day Be Your Own Bodyguard seminar and workshop by Lee Allison of **360 Combat Club**. Dubai, May 2009.
- internet-marketing (especially affiliate-marketing and virtual-estate): assignments and 1 day **Coaching Bronze Level** seminar. Dubai, February 2009.
- internet-marketing: 2 day **Unlimited Power Online** seminar (presented by 12 Internet Marketing gurus and entrepreneurs) by Ernesto Verdugo and Right Selection. Dubai, December 2008.
- direct-selling / network-marketing and success-psychology: Direct Selling seminar by **Direct Selling Educational Institute** in Dubai. Dubai, October 2008
- mentality, life-style, and meditation techniques after completing two Peace of Mind programs by **Brahma Kumaries World Spiritual University**. Chandigarh, Gurgaun, Mount Abu, September. – October 2008.