

# Yasmen

Bodyguard



## Personal Information

Birthdate	1994
Zodiac sign	Capricorn
Nationality	– Egypt
Marital status, own children	Single, no children
Place of Birth	Egypt
Location	UAE, Dubai
Driving License	Yes
Have a car	No
Sports	– Outdoor activities
Areas of interests	– Meeting new people
About myself	Highly motivated and disciplined Close Protection Operative with strong situational awareness, threat detection abilities, and excellent physical conditioning. Trained in close protection, emergency response, and hostile environment awareness at the European Security Academy (ESA), Poland. Background in fitness, operations, and client management with a focus on safety, confidentiality, and professionalism.

## Education

- 2016	Bachelor of Physical Education, Bachelor's Degree, AL-Arish, Egypt
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## Certificates

Other Certificates	ICDL - CERTIFICATE OF COMPLETION. ONLINE LEVEL 3 AWARD IN HOSTILE ENVIRONMENT AWARENESS TRAINING. DIPLOMA IN IMPROVING THE TRAINERS SKILLS. PROFESSIONAL PERSONAL TRAINER LEVEL 3 "ACTIVE IQ". CERTIFIED FITNESS TRAINER CFT "ISSA".
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FIRST RESPONSE EMERGENCY CARE TRAINING COURSE – EUROPEAN SECURITY ACADEMY, POLAND.

KRAV MAGA SELF-DEFENSE COURSE LEVEL 1,2&3.

CLOSE PROTECTION OPERATIVE TRAINING COURSE – EUROPEAN SECURITY ACADEMY, POLAND.

## Working experience

**January 2020 - till now**

**UAE, Dubai**

**Personal trainer and Kav Maga instructor**

**Enhance fitness company**

My role includes

Teach general fitness and the Krav Maga self-defense system, combining personalized training with real-world defense techniques.

**July 2024 - till now**

**UAE, Dubai**

**Operations Manager**

**Push and Pull Fitness**

My role includes

Ensures smooth daily operations, focusing on member satisfaction, staff management, finances, and facility upkeep, handling everything from staff scheduling, training, and motivation to budget control, maintenance, safety compliance, and driving revenue through sales and retention strategies to keep the gym profitable and welcoming

**February 2025 - till now**

**UAE, Dubai**

**VIP Close Protection Operative**

**VIP client**

My role includes

Ensures a high-profile client's safety through constant vigilance, detailed planning (routes, venues), threat assessment, and rapid emergency response, covering physical protection, intelligence gathering, travel security, and maintaining client privacy while balancing security with comfort.

**January 2022 - June 2024**

**UAE, Dubai**

**Team leader and Kav Maga instructor**

**Enhance fitness company**

My role includes	Teach general fitness and the Krav Maga self-defense system, combining personalized training with real-world defense techniques.
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Reason for leaving	Offered better job
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### January 2017 - December 2020

**UAE, Abu Dhabi**

**Personal trainer and self-defense instructor**

**Gold's Gym**

My role includes	Creating exercise plans, assessing fitness levels, and guiding clients on proper form, teach techniques for protection, emphasizes student safety, and builds skills through demonstration and practice
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Reason for leaving	Offered better job
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### March 2015 - March 2016

**Egypt**

**Personal trainer and self-defense instructor**

**Titans Gym**

My role includes	Creating exercise plans, assessing fitness levels, and guiding clients on proper form, teach techniques for protection, emphasizes student safety, and builds skills through demonstration and practice
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Reason for leaving	Offered better job
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### 2011 - 2015

**Egypt**

**Personal trainer and marital arts instructor**

**ORO gym**

My role includes	Guiding physical fitness, teaching specific combat techniques, self-defense, discipline, and cultural philosophy, while personal trainers concentrate on general strength, conditioning, and tailored fitness plans, with both roles requiring lesson planning, safety oversight, student assessment, and motivation, often involving business tasks like scheduling and promotion
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## Health

Smoker	No
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Epileptic	No
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Diabetic	No
Colour blind	No
Dyslexic	No
Vegetarian	No
Have you had a medical exam within the last 6 months?	Yes
Allergies	No

### Additional information

Personal characteristics	Responsible, punctual, reliable, active, positive, qualified, experienced
Key skills	Ability to adapt to all kind of situations quickly. Ability to work under pressure or stressful conditions. Ability to work using your own initiative, taking on extra responsibility. Excellent communication and people skills at all levels. High profile family experience. 24/7 full time working experience
English	C2 - Fluent
Arabic	Native
ID	30562

**Excellent references available on request**