

**GHASSAN (JASON) B. ABBOUD**  
jabboud.ae@gmail.com

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**PERMANENT ADDRESS**

4700 Cromwell DR, #5203  
Kyle, TX, 78640  
1 (404) 735 7921

**EDUCATION**

**FMCA Health and Wellness Coach March, 2021**  
**NASM-CPT. December, 2020**  
**St. Edwards University, Austin, TX, B.B.A. International Marketing and Management May 1980**

**HIGHLIGHTS OF QUALIFICATIONS**

- Functional Medicine Certified Health Coach
- Certified Personal trainer
- Excellent people skills
- Excellent Computer skills
- Conducted presentations to customer and client audiences
- Conducted cost analysis studies for products and projects
- Extensive technical background
- Quality control certified
- Marketing and sales of various products (consumer, power transmission, IT)
- Experience in supervising and training of employees
- Strong inter-personal and communication skills
- Multi-lingual, English, French and Arabic. Speak, read and write
- Experience in retail industry and distribution channels
- Excellent familiarity with the IT market

**CAREER RELATED EXPERIENCE**

- Personal Trainer, Greater Austin YMCA
- Wellness Coach III, YMCA Atlanta Metropolitan
- Wellness Staff/Personal Trainer, YMCA of the Golden Crescent, Inc.
- Coach Approach certified
- Adult and Pediatric First Aid/CPR/AED certified

**MANAGEMENT**

- Coordination, Planning, Monitoring and Controlling Multi-disciplinary Projects
- Strong leadership and decision-making skills
- Managed a production team of 38 employees
- Supervised a customer service group of 12 employees
- Maintained department budget
- Streamlined production process reducing lead time from 12 weeks to 4 weeks
- Coordinated engineering, production, purchasing and customer service departments

## **MARKETING**

- Developed and implemented media plans, tracked and analyzed ROI
- Fostered relationships with specialized publishers to maximize media exposure
- Established product advertising and sales promotion programs
- Performed joint sales calls with sales group
- Provided support to general and specialized dealers
- Responsible for the design, build up and management of exhibitions
- Administered cost analysis, price setting and competitive analysis
- Developed and administered distributor and sales group training program
- Insured margin and sales growth
- Forecasted annual sales with group of over 100 sales engineers

## **ADDITIONAL SKILLS**

- Excellent negotiation skills
- Computer literate, knowledgeable in order entry system (OPS)
- Blue print reading
- Ability to analyze and solve complex problems
- General accounting knowledge
- Capable of writing proposals or papers
- Decisive and proactive
- Can develop others
- Client servicing of web site development

## **EMPLOYMENT**

08/23-CUR Personal Trainer, Hays Communities YMCA Center  
07/22-07/23 Personal Trainer/Wellness Staff, YMCA of the Golden Crescent, Inc.  
2021-2022 WC III. YMCA Atlanta Metropolitan Area  
2017-2022 Primary care giver for elderly parent.  
2013-2017- VP Business Development, Inter One Resonance Advertising Co. Dubai, UAE  
1998-2013 - Marketing Manager/Project Manager, Bond Group, Dubai, U.A.E  
1996-1998 - Product Manager, GLEMCO, INC, Austin, Texas  
1995-1996 -- Freelance Consultant, Lake Industries, Burnet, TX  
1983-1995 - Product Coordinator & Sales/Marketing Coordinator,  
DANA Corp, Austin, TX/ Marengo, IL  
1982-1983 -- Manager, Gregory Wholesale/Retail, Austin, TX  
1980-1982 -- Consumer Product Specialist, Arabian Air Conditioning Co., Saudi Arabia

*National Academy of Sports Medicine*

*has conferred upon*

Ghassan Abboud

*the NCCA accredited certification of*

Certified Personal Trainer

*for honorably fulfilling all of the requirements prescribed by the National Academy of Sports Medicine. This certificate is granted with all the honors, rights, privileges and responsibilities pertaining thereto.*

1220930105

Certificate Number

12/16/2024

Expiration Date

*Laurie McLaetney*

President - Global Fitness & Wellness Solutions



FUNCTIONAL MEDICINE COACHING ACADEMY, INC.



THE FUNCTIONAL MEDICINE COACHING ACADEMY, INC. CERTIFIES THAT

**Ghassan B. Abboud**

Having fulfilled and successfully completed all FMCA requirements and possessing the prescribed qualifications

IS HEREBY GRANTED THE CERTIFICATE OF

**Functional Medicine Certified Health Coach (FMCHC)**

2/28/21

PSA Date: 1/19/2021

DATE

*Sandra Scheinbaum*

SANDRA SCHEINBAUM, PhD  
FOUNDER & CHIEF EXECUTIVE OFFICER



*Elyse Wagner*

ELYSE WAGNER, MS  
CO-FOUNDER & CHIEF WELLNESS OFFICER

This program is a NBHWC-Approved Program. Successful graduates meet the eligibility requirements to sit for the FHC Certifying Examination required for health & wellness coaches to become National Board Certified Health & Wellness Coaches (NBHC-HWC).



Jason Abboud  
Person ID: 1173822  
YMCA: The Villages at Carver Family YMCA

**Certifications Achieved**

Certification Name	Date Achieved	Expiration Date*	Status
YMCA Strength & Conditioning Instructor Certification	8/16/2021	8/16/2023	Active (Action Required)

\* Expiration Date assumes that all underlying certifications and licenses are kept current. If a certification does not have an expiration date, it does not expire, though its underlying certifications and licenses may expire. See your Certification Status page for more information.

**Outside Licenses Submitted**

License Name*	Expiration Date	Status
AED for Health & Well-Being	10/23/2022	Nearing expiration
CPR for Health & Well-being	10/23/2022	Nearing expiration

\* Outside licenses displayed on the YMCA Transcript are the most recent licenses submitted. These licenses are issues by a license-certifying agency and not YMCA of the USA.

**Classes, Tests, & Assessments Completed**

Course Name	Sanction ID	Date Completed	Grade	Lead Trainer	Delivery Method	Credits
Foundations of Group Exercise at the Y (Offered by ACE)	C11K36W	5/2/2022	Pass	Self-Paced	External Course	8



**American Red Cross**  
Training Services

**Certificate of Completion**

Ghassan Abboud

has successfully completed requirements for

**Adult, Child and Baby First Aid/CPR/AED Online (Eligible for Skills Session within 90 days)**

Date Completed: 11/25/2022  
Validity Period: 2 Years

Conducted by: American Red Cross



To verify certificate, scan code or visit [redcross.org/digitalcertificate](http://redcross.org/digitalcertificate) and enter ID.

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