

KARABO BOINAMO

SPORTS AND FINACIAL COACH

OBJECTIVE

I am an enthusiastic, hardworking and committed individual with a proven track record of experience in the sports,health and fitness industry. I have strong technical skills, as well as excellent interpersonal skills. I am eager to be challenged in order to grow and expand on the skillset I have gained through my experience in the industry. I am seeking out an opportunity in a growing workplace environment where improving the lives of others is a priority. I aim to bring a positive attitude and empathetic mindset into an environment where the quality of personnel care remains top priority, enhancing the workplace and assisting with the organization's primary goals. I desire to contribute to a growing team where I can continue to develop team leadership skills in order to increase productivity and boost performance.

WORK EXPERIENCE

BMW Rosslyn Plant | Intern Biokineticist

January 2022- December 2022


- Preventative education through presentations, consultations and word of mouth.
- Practice management through supervising the practice, which also included daily equipment maintenance checks, and implementing health and safety measures at all times.
- Physical assessments for the clinical and the general population ranging from chronic assessments, rehabilitation, and fitness assessments.
- Supervision of students which involved weekly communication and feedback to the lecturers.
- Administration
- Report writing for patients and students.
- Desk duty

North West University | Committee Vice-chairperson

2019 - 2020

- Executive committee for School of Human Movement Sciences
- Responsible for acquiring sponsorship
- Discipline within the executive committee
- Supervised the executive committee as well as the sub-committee
- Planned and organised registration and orientation for first year students
- Implemented and managed community service
- Maintaining and updating archives for the School of Human Movement Science: Academic Student Association



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 Pretoria/Johannesburg

SKILLS

- Emergency oxygen
- First Aid Level 2
- Administrative duties
- Interpersonal skills
- Computer proficiency
- Conflict management
- Leadership
- Marketing
- Presentation

CORE COMPETENCIES

- Project management
- Problem solving
- Creativity
- Management
- Technical writing
- Communication
- Adaptability
- Critical thinking
- Teamwork
- Emotional intelligence
- Conflict resolution
- Active listening

Banamodi Bakwena | Assistant Sales consultant 2018 - 2019

- Build and maintain relationships with clients.
- Create compelling sales pitches.
- Sell the company's products and services.
- Complete all paperwork relating to a sale.
- Perform research on the competition's services.
- Reach out to potential clients to inform them about the organization's products and services.

From this experience, I have acquired key traits such as adaptability, active listening, building and maintaining relationships, negotiating and customer service.

Superprof | Academic Tutor January 2020- Present

- Advertise my services
- Provide academic feedback to parents
- Tutor students
- In my years of working as a tutor, I have improved my time management and planning skills. I have become goal driven and a mentor to my students. Providing the best services has always been top priority.

Mamelodi Sundowns | Development Coach

November 2022-March 2023

- Assistant in Talent Search program
- Assistant coach for u/9-u/18 November 2022-March 2023
- Physical coach

Outsurance | Senior Advisor

February 2023- Present

- Client Care Advisor
- Financial Advisor
- Insurance Sector and Education Training accredited

EDUCATION

Stellenbosch University| 2021

BSc(Hons) Biokinetics |One module remaining

- Awarded academic merit scholarship
- Participated in community service
- Participated in wellness initiatives

North West University | 2018-2020

BSc Human Movement Sciences and Sports Science

- Awarded for average above 75% for two consecutive years
- Appointed as Vice chairperson for School of Human Movement Sciences
- Student assistant
- Participated and coordinated wellness programs

Edenvale High School| 2013-2016

- 2013: Appointed as representative class leader
- 2014: Appointed as vice chairperson for the netball A team as well as the soccer second team, received merit scroll for drama and theatre sports.
- 2015: Appointed as a mentor for the Grade 8 group, received a merit scroll for choir and later appointed as a leader in training.
- 2016: Received colours for leadership and appointed as school prefect, received half colours for theatre sports and appointed as soccer vice chairperson.

REFERENCES

Dr. Mpho Rakgoale

0716663025

Dr. Takalani Muluvhu

0734325234

Sr. Annah Masoga

0713451543