

Abdul Rahman Jamal Abdul Rahman Al-Jaraydeh

Physical Education and Sports



About Me



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August 23, 1997



Mafraq, Jordan



Male, Jordanian

I am an enthusiastic, self-motivated, reliable, responsible and hard-working person who has developed a mature and responsible approach to any task I undertake, or situation I presented with. I can work well both in a team environment as well as using own initiative. Also work well under pressure and adhere to strict deadlines. I am excellent in working with others to achieve certain objectives on time and professional.



Education

Bachelor, Physical Education and Sports

Al Albayt University
Mafraq, Jordan

Graduated, Aug 2019

GPA: 83.5

Master, Sport Science/Motion Science

Al Yarmouk University
Irbid, Jordan

Graduated, Dec 2021

GPA: 86.6



Skills

- Self-Motivated.
- Self-Confidence.
- Positive Attitude.
- Analytical & Conceptual.
- Documentation Skills.
- Team Work.
- High personal integrity.
- Management.
- Leadership.
- Critical Thinking.
- Problem Solving.
- Time Management.
- Handling Pressure.



Computer Proficiency

- Microsoft Office
- Faster Typing
- Reporting skills



Languages

- Arabic: Native
- English: Good



Work Experience

- **Islamic Relief Worldwide Organization** , Trainier for self protection for young , 4 Month Experience
- **Islamic Relief Worldwide Organization** , lecture Under psychological support Program and health care program , 4 Month Experience
- **AVSI Organization** , Foreman , 4 months experience
- **Assistant Reception Manager at Aqaba Hotel for 6 months**
- **Sports trainer** in Government school for One year in Additional education
- **Volunteering in Independent Election Commission**
- **Member of All Jordan Youth Commission**
- **Member of Princess Basma Community development center**
- **Member of program "I am Sharing"**
- **Member of politics and society institute**
- **Member of Crown Prince Foundation**



Courses

- **International Computer Driving License (ICDL)** , 80 Hours , The Ministry of Digital Economy and Entrepreneurship , 22 June 2022 – 16 August 2022 .
- **Data Entry and Adminstrative Support** , 60 Hours , The Ministry of Digital Economy and Entrepreneurship , 24 July 2022 – 23 August 2022
- **Office management and Secretarial** , 25 Hours , The Ministry of Digital Economy and Entrepreneurship , 7 August 2022 – 4 September 2022
- **Training of Trainers (TOT)** , 20 Hours , Talal Abu-Ghazaleh knowledge society , 4 - 7 August 2022
- **Debate Skills** , All Jordan Youth Commission, 6 - 8 July 2019
- **Class Management** , 36 Hours , Arab international academy , 10 March – 24 April 2023
- **Teaching Methods** , 36 Hours , Arab international academy , 10 March – 24 April 2023
- **Risk Management** , 36 Hours , Arab international academy , 10 March – 24 April 2023



Reference

Provide upon request.