

SHORT RESUME

<p>Languages</p>	<p>Bilingual (English: professional level; French: native language) Intermediate knowledge in Spanish Basic knowledge in German</p>
<p>Education</p>	<p>Master of Arts – Translation & Terminology – Laval University – 2016 ACSM (American College of Sports Medicine)-certified exercise specialist – 2007 Master of Science – Experimental medicine (cardiology focus) – Laval University – 2006 Bachelor of Science – Laval University – Université Laval – 2004 College Diploma – Languages & Literature – Champlain–St. Lawrence – 2001</p>
<p>Professional Experience</p>	<p>Traductions Hermès – Translator – 2017-now <ul style="list-style-type: none"> • English-to-French translation and revision in various fields. <p>Yoga Namaste St-Nicolas – Yoga instructor – 2017-now <ul style="list-style-type: none"> • Preparing and teaching hatha yoga classes. <p>Freelance work – Translator – 2015-2017 <ul style="list-style-type: none"> • English-to-French translation and revision in various fields. <p>Quebec Heart and Lung Institute – Cardiac Prevention and Rehabilitation Pavilion – Physical educator – 2004-now <ul style="list-style-type: none"> • Assessing clients for cardiac prevention and rehabilitation and ensuring follow-up sessions. Developing, teaching and monitoring customized physical activity programs. Giving specialized advices about healthy lifestyle and habits and control of cardiac disease risk factors. Coaching trainees. <p>Quebec Heart and Lung Institute – Cardiac Prevention and Rehabilitation Pavilion – Planning, programming and research officer – 2012-2013 <ul style="list-style-type: none"> • Managing the kinesiologists team. Drafting work schedules. Acting as a resource person. Preparing and facilitating team meetings. Being involved in recruitment and training new kinesiologists on the team. </p></p></p></p></p>
<p>Computer Skills</p>	<p>Office software: MS Office (Word, Excel, PowerPoint), Adobe Acrobat CAT and other specialized tools: LogiTerm Pro, Antidote 9, Termium, GDT</p>
<p>Other Achievements and Interests</p>	<p>Volunteering: Biking events and fundraising for the Maison des greffés de Montréal in 2008, 2009 and 2010 Martial arts: Black belt in karate since 2000 Personal interests: Yoga, biking, health, travel, food, meditation, knitting</p>