



PERSONAL INFORMATION

Name: ILIC - Surname: SORRENTINO

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 IM service WhatsApp

Sex Male | Date of birth 07 August 1978 | Nationality Italian

WORK EXPERIENCE

With dates (from - to)

**Most rec. – Less rec.**

Gelateria Il Gallo Ghiottone  
Individual Business Artisanal Ice-cream Maker · July 2013 - 2016 · Firenze

BEST Gloves Firenze ASD  
Boxing Trainer Amateurs · September 2013 - February 2014

DESPAR  
Warehouseman · April 2010 - May 2010 · Firenze

Gelateria Il Gallo Ghiottone  
Seasonal Artisanal Ice-cream Maker · 2010 - 2013 · Firenze

Samurai Boxing Gym  
Boxing Trainer Amateurs · January 2009 - March 2009 · Firenze

FONBLIU' ESPACE DE CHARME  
Personal Trainer · August 2007 - November 2007 · Firenze

Boxing Club Firenze  
Boxing Trainer Young Novice and Amateurs, Athletic Director · 2007 - 2013 · Firenze

DopoLavoro Ferroviario  
Trainer · 2005 - 2007 · Firenze  
Gymnastic and Fitness Elders and Children

UISP (Unione Italiana Sport per Tutti) Firenze  
Educator in Summer School · seasons: 2003 - 2007 · Firenze  
Summer 3 months

Savasana Sporting Club Firenze  
Wight and Fitness Instructor · 1999 - 2005 · Firenze

Felicini's Restaurant  
Waiter · giugno 1997 - settembre 1997 · Manchester

Imago-Lab  
Cleaning · 1995 - 1997 · Firenze  
Cleaning and Factotum works in exchange of the fee as Dancer

## EDUCATION AND TRAINING

With dates of attaining

**Most Rec. – Less Rec.**

Università degli Studi di Firenze

Academic Year 2005 · Post PHD in Science and Technic of Sports · Firenze

Science of Sport and Human Motion (Medicine and Surgery - Università degli Studi di Firenze)

Academic Year 2003 · Firenze

ISEF (Institute Superior Physical Education) Firenze

Title acquired: PE Teacher

Academic Year 2002 · Firenze

ITT (Technical Institute for Tourism) Marco Polo

Perito Tecnico per il Turismo

1992 - 1998 · Firenze

## PERSONAL SKILLS

Mother tongue(s)

Italian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C1	B2
	Replace with name of language certificate. Enter level if known.				
French	B1	B1	B1	A2	A2
	Replace with name of language certificate. Enter level if known.				

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user  
 Common European Framework of Reference for Languages

Communication skills

- good communication skills gained through my experience as High School and PHD Student and also as Waiter, Artisan, Ice-cream seller and Trainer.

Organisational / managerial skills

- I have been a Trainer for many years with courses of sometimes 30 people, in various Fitness and Sport Centre(s). I've been at public for many years as artisan and seller and I developed the minum capacity to organize my job and the other's one.
- Leadership: I often had assistants and at least 1 subordinate.

Job-related skills

- Boxing Trainer, Fitness Trainer, Athletic Director, Educator, excellent Swimmer, Repairing

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Independent User	Independent User	Independent User	Basic User	Proficient User

Levels: [Basic user](#) - [Independent user](#) - [Proficient user](#)

[Digital competences - Self-assessment grid](#)

PhP and Html course by CEPIL Florence County for Requalification of Workers

- good command of office suite (word processor, spread sheet )
- good command of Photoshop, Gimp, Audacity, Videopad Video Maker, Multimedia Fusion, Rpg Maker etc.

Other skills

- basic carpentry, machines for gardening.

Driving licence

Scooter

ADDITIONAL INFORMATION

- Seminars
- Honours and awards
- Courses
- Certifications

- Federal Instructor e Master in Boxing by FPI (Italian Boxing Federation) since 2013.
- Assistant Instructor in Boxing by FPI since 2007
- 4 regular amateur boxing matches, 12 as hobbyist non agonistic, national champion 2013 hobbyist 65 Kg.
- Lifeguard (pool) 1995
- Excellent Swimmer and Water Polo player from 6 years old to 18.

ANNEXES

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