

# SHAHD TAMER

Pharmacist | Clinical & Sports Nutritionist | Aspiring Academic

Cairo, Egypt | Shahddtamer19@gmail.com |

## PROFESSIONAL SUMMARY

Recent Bachelor of Pharmacy graduate from the Egyptian Chinese University (CGPA 3.82 / 4.00) with practical experience in community pharmacy, clinical and sports nutrition, health education, leadership, and academic activities. Passionate about teaching, academic mentorship, scientific research, and student development, with strong communication, public speaking, and organizational skills built through hands-on leadership roles. Seeking an academic or healthcare position to contribute to teaching, research, evidence-based practice, and community health.

## EDUCATION

### Bachelor of Pharmacy (B.Pharm)

Graduated June 2025

Egyptian Chinese University, Cairo, Egypt

- CGPA: 3.82 / 4.00

## PROFESSIONAL EXPERIENCE

### Clinical & Sports Nutritionist

June 2025 - Present

Fitness Factory Gym

- Provide individualized nutrition assessments and personalized diet plans based on clients' health goals.
- Educate clients through evidence-based nutrition counseling and healthy lifestyle guidance.
- Monitor client progress and adjust nutrition programs according to individual goals.
- Promote wellness education and healthy eating habits to support long-term lifestyle change.

## LEADERSHIP EXPERIENCE

### President, Nutrition Club

October 2023 - July 2026

Egyptian Chinese University

- Led health-awareness campaigns, nutrition seminars, and educational events for students.
- Coordinated and supervised student volunteers, managing overall club operations.
- Delivered educational sessions promoting healthy nutrition practices and community engagement.
- Strengthened students' nutrition awareness through ongoing educational initiatives.

## PROFESSIONAL TRAINING

### Community Pharmacy Training

2021

Abdelmaksood Pharmacy

- Gained hands-on exposure to prescription handling, dispensing workflow, and pharmacy operations.
- Assisted in dispensing medications under pharmacist supervision.
- Developed patient communication skills through direct interaction in a community pharmacy setting.

### Medical Representative Training

2022

AstraZeneca

- Developed knowledge of pharmaceutical promotion, scientific communication, and marketing principles.
- Built presentation skills through observing and engaging in healthcare professional interactions.

## ADDITIONAL EXPERIENCE

---

- Data Entry, Dream Way Company (2017 - 2018)
- Teacher Assistant, Canadian Council Summer Camp (2018)
- Manager Assistant, Quran Memorization Office (2019)
- Admissions Speaker, Egyptian Chinese University (2022)
- Operational Manager, Star Shine Academy, Online Platform (2025)

## WORKSHOPS & PROFESSIONAL DEVELOPMENT

---

- Diet Planning and BMR Calculation
- Emotional Eating
- Insulin Resistance
- Food Exchange System
- Sports Nutrition
- Nutrition and Gut-Brain Axis
- Design Thinking (2022)
- First Aid Workshop (2021)
- Forensic Expert Training Program (2024)

## TECHNICAL SKILLS

---

- Microsoft Office (Word, Excel, PowerPoint)
- Canva
- Nutrition Assessment
- Diet Planning
- Research and Data Analysis
- Presentation Preparation

## SOFT SKILLS

---

- Leadership
- Teamwork
- Communication
- Public Speaking
- Time Management
- Problem Solving
- Organizational Skills
- Critical Thinking

## CORE COMPETENCIES

---

- Clinical Pharmacy
- Community Pharmacy
- Clinical Nutrition
- Sports Nutrition
- Teaching & Academic Support
- Scientific Research
- Evidence-Based Practice

- Health Education
- Patient Communication
- Healthcare Awareness
- Event Coordination
- Data Analysis

## LANGUAGES

---

- Arabic - Native
- English - Professional Working Proficiency

## ACHIEVEMENTS

---

- Graduated with a CGPA of **3.82 / 4.00**
- Led the Nutrition Club at the Egyptian Chinese University.
- Organized educational seminars and health awareness campaigns.
- Developed practical experience in community pharmacy and clinical nutrition.
- Built strong leadership, communication, and presentation skills through academic and extracurricular activities.

## REFERENCES

---

Available upon request.