

# Favour Ezekiel

Hampton, Va 23664

## Summary

Navy veteran with a strong record of leadership and teamwork experience. Strong work ethic in problem-solving and flexible hard worker, ready to learn and contribute to team success. Solid background in entrepreneurship and Business Management.

A fitness ent with a major in exercise science and a minor in business administration

## Education

Old Dominion University, Norfolk, VA

**Bachelor's of Science**

**June 2023 - Dec 2026**

**Major or Concentration:** Biology

**Minor:** Business Administration

**GPA:** 4.0

**Summer Session 2**

**Palm Beach Gardens High School**

**May 2019**

**High School Diploma**

Palm Beach Gardens, FL

- GPA: 4.14
- National Honor Society Member
- National Honor Society
- Ranked in the Top 12% of class

**May 2019**

**Culinary Specialist School**

**October 2019**

**Culinary Arts: Art of Cooking**

Fort Lee, VA

**Damage Control A school**

**June 2020**

Yorktown, Va

**Fire Fighting School**

**Sep 2021**

Norfolk, Va

**Courses:** Anatomy and Physiology, English 211C, Introduction to Exercise Science, Gen Physics

## RELATED EXPERIENCE

**United State Navy**

**Norfolk, Va**

**Damage Control Petty Officer.**

**June 2019 - June 2022**

- Performed tasks to maintain on-site physical security, safety, and efficiency.
- Notified management about necessary repairs or professional service needs for building operating systems.

- Inspected machinery and coordinated equipment inventories by maintaining and tracking records.
- Trained crew members on weaponry, tactics, and methods of battle.
- Diagnosed and repaired mechanical issues according to Navy standards.
- Worked successfully with a diverse group of coworkers to accomplish goals and address issues related to the maintenance and repair of mechanical equipment.

## **ADDITIONAL EXPERIENCE**

### **The Waterford Care Center**

**Juno Beach, FL**

**Assistant Lifestyle Director**

**Sep 2017 to May 2019**

Developed training and exercise programs to meet individual requirements and team play strategies.

- Delivered exceptional customer service to promote program engagement by educating clients about the long-term health benefits of balanced diets and exercise programs by teaching 10 yoga classes daily.
- Developed and maintained excellent member relationships to promote facility offerings and assist with health or exercise questions.
- Managed fitness and recreation facilities, verifying safe and clean facility and equipment conditions.

### **LEADERSHIP**

**FFE Homestays LLC**

**2021 Oct - Present**

Position Held: CEO

**Title of Affiliation:** *Onelife fitness Center*

**Feb 2022 - Present ·**

### **Activities**

Weight lifting and personal training Club

### **Skills**

- |   |                   |
|---|-------------------|
| ● Computer Skills beyond MS Office, Excel | ● Language        |
| ● Language Skills                         | ● Analytical      |
| ● Leadership                              | ● Time management |