

KARINA CARIDAD

LANGUAGE TRAINER/
WELLBEING MANAGER

karinaf82@gmail.com

+48 668 743 548

karinaalos.com



With extensive knowledge in a wide range of disciplines
in both for-profit and nonprofit organizations.
A passion for hard work and fluency in English and Spanish.
I offer the following experience:

September 2019 -Present /Freelance
Native English/Spanish language trainer/
Wellbeing Manager Sopot, Poland

- Coordinate, develop and execute strategic wellbeing offerings for the staff. Including but not limited to :
 - Yoga , meditation
 - Mindfulness practices
 - Language courses
- Organizing and running specialist courses, i.e. business English/Spanish and private adult lessons

May 2015- June 2018
House Manager/Production Coordinator
Grand Performances (NGO) Los Angeles, CA

- Primary point of contact for Production and Administrative staff before, during, and after a performance
- Manage setup of the event space prior to public opening. Manage onsite relationships with vendors and partners.
- Recruit, Coordinate, Train, Manage & Deploy Volunteer Force

EXPERTISE

- Customer Service
- Event coordination
- Public speaking
- Customer engagement
- Email etiquette
- Retail

SKILLS

- Clear communication
- Production/Backstage coordination
- Languages/ 120 hrs TEFL certification
- Empathy/somatic therapy training
- Yoga/meditation
- Customer service training

CAREER HIGHLIGHTS



-Assistant director @ DeLorenzo Gallery NYC

-Only(!) woman hired for a team of 7 actor guides at The Discovery Channel Museum, Times Square.
For the premiere exhibit "The Dead Sea Scrolls"

-Assistant manager @ Annenberg space for photography, Los Angeles

-Production coordinator/House manager @ Grand Performances, Los Angeles

- Two acting auditions for Marvel Studios' "Agents of S.H.I.E.L.D. "

-Yoga teacher @ Earth Lodge, Antigua Guatemala

-Yoga teacher/chef @ Rapture Surf Camp, Costa Rica

-First job in Poland : Teaching English to the Polish army!



And about me:

- Born and raised in San Juan, Puerto Rico

- Graduate from Fordham University, Lincoln Center NYC

- Disney Institute Alumni