

Nahila Hernández San Juan

Email: nahila.hernandez@rompiendo-limites.com

Address: Martín de Zamora 5031 depto 310. Las Condes Santiago, Chile

Phone number: +56 956492928

Athlete and Coach with more than 40 years of experience in the world of sports and integral wellness, Master in Coaching, Emotional Management and Mindfulness, Certified Yoga Teacher, Certified Trail Running and Sports Nutrition Trainer. International Master in Dietetics and Nutrition (Studying), Diet Therapy and Diet Preparation Course (Studying), among others. Extensive experience as a high-performance athlete in multiple disciplines: Synchronized Swimming, Team Aerobics, Taekwondo and Ultramarathon. Guinness Record and more than 15,000 kms in competition on all continents, terrains and climates, with Podium in 90% of the competitions.

As a yoga practitioner, I created "Yoga for Westerners" that revolutionizes conventional practice, as well as designing a unique training method for any person or target. Author of the book "Beyond the distance", the last 10 years I have dedicated myself to physical activation, comprehensive wellness projects for people and companies; I have given more than 200 conferences in 9 countries and activated more than 200 people; accumulating the experience required to create a unique method: merging the most advanced coaching techniques and strategies with accumulated life and sports experiences. I am a systemic thinker, focused on action and results: FACTA NON VERBA.

SPORTS EXPERIENCE

2011-Present

Ultradistance athlete with more than 60 Ultramarathons around the world

https://es.wikipedia.org/wiki/Nahila_Hern%C3%A1ndez

Life Coach, Nutrition and Sport Trainer. More than 200 athletes and clients around the world: Main areas: Life Coach: Sport (Running, Yoga, Fitness, Weight Loss) Nutrition, Self-Esteem, Emotional Management, Emotional Intelligence, Lifestyle, Personal Image, Happiness, Quality of Life, Self-improvement

Life Project: Life Plan, Entrepreneurship, Business Development, New Projects, Strategic Planning, Focus on Results

Soft Skills: Resilience, Effective Communication, Teamwork, Leadership, Fear Management, Risk Management, Time Management, Systemic Thinking

BUSINESS PROFESIONAL EXPERIENCE

2013–present Entrepreneurship "Rompiendo Límites" Ltda, Chile. Position: General Manager

2005-2014 Entrepreneurship: Loghóística, Méx. Position: Commercial and Marketing Manager

2000-2005 Interlake de México (Interlake Material Handling USA) Position: Marketing Manager

EDUCATION

Master in Coaching, Emotional Balance and Mindfulness ENEB BARCELONA, SPAIN 2019
Trail and Mountain Races Coach, HIGH PERFORMANCE- CATALUNYA SPAIN 2018
Sports Nutrition Coach, HIGH PERFORMANCE- CATALUNYA SPAIN 2018
Yoga Teacher, AADI YOGA SCHOOL, RISHIKESH, INDIA (Yoga Alliance approved) 2020
Postgraduate in Coaching, NLP and Team Leadership, ENEB SPAIN 2018
International Master in Dietetics and Nutrition (Studying) ESNECA, Spain 2020
Diet Therapy and Diet Preparation Course (Studying) ESNECA BUSINESS SCHOOL, Spain 2020
International MBA, SPAIN 2003 (MCA BUSINESS & POSTGRADUATE SCHOOL USA approved) 2003
Postgraduate Marketing and Public Relations, HAVANA UNIVERSITY, CUBA
Postgraduate Strategic Marketing Seminar, HAVANA UNIVERSITY, CUBA
Postgraduate Management and Business Strategies, HAVANA UNIVERSITY, CUBA
Bachelor of Administration, UAM XOCHIMILCO, MEXICO 2000
Logistics Specialist, TEC DE MONTERREY, MEXICO 2002

OTHERS

Teaching: 2004-2005 Marketing teacher SUPERIOR INSTITUTE OF COMMERCIAL STUDIES, México
Author of the book "Beyond the distance"
Guinness Record: "Fastest time to run an ultramarathon distance on each continent"
Renowned speaker and consultant with more than 150 interviews and reports
Renowned extreme athlete of long distances races (Ultramarathon)
Business Consultant
Athlete Coach
LANGUAGES: English Advanced level - Native Spanish