

Nahila Hernández San Juan

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Athlete and Coach with more than 40 years of experience in the world of sports and integral well-being. Master in Coaching, Emotional Management and Mindfulness, Certified Yoga Teacher, Certified Trail Running and Sports Nutrition Trainer. 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](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** Own Entrepreneurship "Rompiendo Límites" Ltda., Chile. Position: General Manager

**2005 - 2014** Own business: Logholística SA de CV, Mexico. Position: Commercial and Marketing Manager

**2000 - 2005** Interlake de México SA de CV ( Subsidiary of Interlake Material Handling), Mexico – USA. Position: Marketing Manager

## EDUCATION

Coach trail and mountain races, sports nutrition, HIGH PERFORMANCE- CATALUNYA SPAIN 2018  
Yoga Teacher, AADI YOGA SCHOOL, RISHIKESH, INDIA (Yoga Alliance approved) 2020  
Master in Coaching, Emotional Balance and Mindfulness ENEB BARCELONA, SPAIN 2019  
Postgraduate in Coaching, NLP and Team Leadership, ENEB SPAIN 2018  
International MBA, UP MADRID, 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