



Aya ALablak

WORK EXPERIENCE

Results-driven Health & Wellness Professional with 5+ years of multidisciplinary experience in wellness, travel, health, coordination, and safety compliance. Combines a physiotherapy background with expertise in emergency response, program management, and customer service to enhance well-being across diverse environments. Adept at designing and implementing wellness initiatives, ensuring health and safety compliance, and coordinating high-impact events—with a proven ability to build rapport with clients, passengers, and teams. Excels in people management, conflict resolution, and leadership, fostering environments that prioritize safety, satisfaction, and operational efficiency.

Emirates Airlines | Air Crew | 2022 – Present

- Travel Health & Safety: Ensured compliance with international health regulations for passenger safety, conducting pre-flight checks and managing in-flight medical emergencies.
- Wellness Advocacy: Promoted in-flight wellness through ergonomic advice, hydration strategies, and stress-relief techniques for long-haul travelers.
- Crisis Management: Trained in emergency response, conflict resolution, and passenger well-being protocols.

Kids Aqua Club Bucharest | Hydrotherapist | 2019 – 2022

- Therapeutic Program Design: Developed customized aquatic therapy plans for children, improving mobility and motor skills.
- Safety Compliance: Monitored pool safety, hygiene, and injury prevention, aligning with health regulations.
- Parent & Caregiver Education

Freelance Project Manager | Dianas Deluxe Furniture | 2021

- Responsible for finding new suppliers in Romania, quality, sending reports and setting meetings to negotiate prices.
- Collaborated with UK local suppliers

Freelance Project Manager for MUHA, Muscat | 2021

- help the startup of a Volleyball brand. from the brand logo, making branded net and providing quality samples and suppliers
- negotiating prices and providing options.

Millennium Resort Salalah | Fitness partnership | 2020

- Corporate Wellness Partnerships: Designed staycation wellness packages (fitness classes, mindfulness sessions) to boost guest engagement post-COVID.
- Event Coordination: Led group fitness sessions and wellness retreats, ensuring seamless logistics and participant satisfaction.

Front Desk & Reservations | Crown Plaza Trainee | 2018

- Managed check-ins, bookings, and guest inquiries with exceptional service
- Resolved issues promptly and upsold amenities to enhance guest experience
- Processed payments securely and maintained accurate records
- Collaborated with teams to ensure seamless operations

Meeting point salalah Reservations agent Trainee 2017 - 2018

- Processed flight, hotel, and tour bookings accurately using Excel
- Resolved booking issues including changes, cancellations, and transportation.
- Maintained client databases

SKILLS

- First Aid and Emergency Response:
- Amotional analysis, Interpersonal Skills
- Second dan karate shotokan
- sports person
- Communication Skills
- Problem-Solving Skills
- Adaptability
- Time Management:

EDUCATION

Bachelor degree in Physiotherapy

UNEFS Bucharest 2021

Bucharest university of economics

study ASE 2018

LANGUESGES

FLUENT

- ARABIC
- ENGLISH
- ROMANIAN

MEDIUM

- FRENCH

CONTACT ME

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