

## **KOSHO LOÏC VUILLEMIN – CV JULY 2021**

*MEDITATION TEACHER, FREEDIVE INSTRUCTOR, COMPETITION ATHLETE (12x SWISS NR HOLDER, 1st PLACE DEPTH OVERALL 2020), PROFESSIONAL SAFETY FREEDIVER, MULTI-SKILLED MANAGER*

**<https://deepzen.net>**

+33(0)698391882 (whatsapp) | +201004310073 (egp phone) | KOSHO.LOIC@GMAIL.COM

Meditation teacher, life coach, first aid expert, freedive instructor and competition athlete with more than 10 years of experience in the management of retreat/holiday/education centers, events organisation and team work leading. Expert in technical maintenance and administrative tasks, pragmatic, creative problem solving, safety and customer-service oriented, marketing and communication asset. Keen to study all collaborations opportunities in the fields of freediving, well being, watersports, ocean conservation and adventures.

### **QUALIFICATIONS**

Html and Wix websites, SEO  
Team leading and management  
Underwater filming & video editing  
Independent worker  
Regulations & laws

Fluent in French, English & Spanish  
Office, Powerpoint  
Social networks, pictures editing  
Safety, rescue & emergency procedures  
Notions of Dutch and German

### **WORKING EXPERIENCE**

#### **FREELANCE: AIDA | PADI | EFR INSTRUCTOR | MEDITATION TEACHER at "DEEP ZEN MEDITATION & FREEDIVING" – WORLDWIDE - AUGUST 2018 to PRESENT DAY**

Officially registered as self employed (personal coach) in France. Teaching freediving (AIDA & PADI levels 1-3), individual coaching and guidance, pranayama and meditation classes (all levels). Workshops and online sessions. Social network promotion, website creation and project development, crowdfunding and sponsoring requests.

#### **FREEDIVE INSTRUCTOR - PROFESSIONAL SAFETY DIVER at "ONLYONE APNEA CENTER" - SHARM EL SHEIKH, EGYPT – MAY 2019 to OCTOBER 2019**

Providing support, coaching and safety to athletes, teaching freediving skills (AIDA courses & custom lessons) to individuals and groups (on land + confined and open water courses), communication, underwater filming.

#### **FREEDIVE INSTRUCTOR - PROFESSIONAL SAFETY DIVER - MANAGER; "FREEDIVINGWORLD" - SHARM EL SHEIKH, EGYPT - NOV. 2018 to MAI 2019**

In water technical maintenance of freediving installations, insuring safety to athletes, teaching freediving skills (AIDA courses & custom lessons) to individuals and groups (on land + confined and open water courses), assuming overall management of the school, leading and forming staff, communication, social network and computer work.

#### **AIDA INSTRUCTOR; "OCEAN PRANA" - BALI, INDONESIA - FEB. 2018 to APRIL 2018**

Teaching aida1-3 students, organising and leading coached dives, snorkeling excursions, pranayama and meditation classes and specific equalisation workshops for beginners. Shop maintenance, online booking of courses. Video and photos edition, advertising and handling social networks for promotion.

#### **MANAGER - "RETREAT CENTER YUJONYUSANJI" – FRANCE - NOV. 2005 to SEPT. 2017**

In charge of the creation, overall management, administration and technical maintenance of a big resort-like center. Successfully led key projects with local authorities which resulted into significant financial growth for the enterprise, long term nature protection collaborations, safety and accessibility NF/EU normalisation of the center. Provided onsite trainings. Produced numerous executive reports and presentations. Negotiated contracts with various affiliated enterprises.

**EMPLOYEE & ADMINISTRATIVE ASSISTANT - "TACO VERHUIZING" – AMSTERDAM - FEB. 2004 to JUNE 2005**

Scheduling appointments and phone reception in French, Spanish and English; driver & administrative computer work. Successful participation in the financial growth and notoriety of the company.

**ASSISTANT - FUNDAMENTAL RESEARCHER - "UNIVERSITY OF GENEVA" – SWITZERLAND - OCT. 2001 to FEB. 2003**

In charge of a scientific research project on plants biochemistry and physiology supported by the Swiss government. Designed and provided new creative practical works for university students. Budget management.

**POLYVALENT EMPLOYEE - "VARIOUS WORK AGENCIES" - SWITZERLAND - JUL. 1994 to AUG. 1998**

Work missions in different fields: roof building, electricity, plumbing, vehicles maintenance, wood and stone building, gardening, cooking, agro-alimentary conditioning, security, babysitting, inventory, driver-deliverer, house moving

**CERTIFICATIONS**

AIDA, AIDA BOARD, INTL	AIDA YOUTH INSTRUCTOR TRAINER, 2020
AIDA, BRIAN CROSSLAND, EGYPT	AIDA YOUTH INSTRUCTOR, 2020
PADI, RENEE BLUNDON, EGYPT	PADI FREEDIVER INSTRUCTOR, 2019
EFR, RENEE BLUNDON, EGYPT	EFR INSTRUCTOR, 2019
PSF, VB EDUCATION, EGYPT	PROFESSIONAL SAFETY FREEDIVER, 2019
SUSV-FSSS, SWITZERLAND	AIDA & CMAS COMPETITION LICENCE, 2018, 2019, 2020
PIM VERMEULEN, EGYPT	AIDA JUDGE, 2017
DAHAB FREEDIVERS, EGYPT	FREEDIVING AIDA INSTRUCTOR, 2017
DAHAB FREEDIVERS, EGYPT	EFR CERTIFICATION, 2016
RED CROSS, FRANCE	FIRST AID CERTIFICATION, 2016 & 2018
IBIZA FREEDIVING, SPAIN	FREEDIVING LICENCE, 2015
PADI, RISAS DIVING, MEXICO	ADVANCED PADI SCUBADIVER, 2014
ZEN DESHIMARU, KOSEN SANGHA	ZEN MASTER CERTIFICATION, 2013
SERMI & CAP FLAM, FRANCE	PUBLIC EMERGENCY PROCEDURES, 2009-2017

**EDUCATION**

**UNIVERSITY OF GENEVA, SWITZERLAND — MASTER OF SCIENCE, 2002**

With distinction: best student on graduation palmares

**CESSOUEST, SWITZERLAND - MATURITY CERTIFICATE LATIN & GREEK, 1995**

With distinction: initiative, human relationships and school development price

**ADDITIONAL INFORMATION**

Married, father of a 13 years old daughter. Practice running (half-marathons), cycling and swimming. Open personality and easy going attitude, yet strict and ethical. Good notions of anatomy and massage. Easily understand laws and regulations. Independant worker and team leading asset. Alternative therapist.

Visited countries: Switzerland, USA, Canada, France, Italy, Spain, Mexico, Holland, Thailand, Argentina, Indonesia and Egypt

Freediving competition records: 86m FIM (CH-NR), 86m CWT (CH-NR), 86m CWTB (CH-NR), 61 CNF, 5'18" STA