

## OBJECTIVE

Enthusiastic and driven individual seeking an entry-level position in the corporate sector to gain practical experience and develop professional skills. Leveraging my leadership abilities and experience in coaching Taekwondo to effectively communicate, motivate, and manage group dynamics, I am eager to contribute to a team-oriented environment and grow my career within an organization.

## CONTACT

- kritishtheconfidential@gmail.com
- 9828766394
- Bhimsensthan Kathmandu

## EDUCATION

FUTURE STAR ENGLISH  
SECONDARY SCHOOL, SEE  
2079

EVEREST HIGHER SECONDARY SCHOOL,  
+2  
2081

PASHUPATI MULTIPLE CAMPUS,  
**BACHELOR**  
Running

## SKILLS

- Microsoft Office Suite
- Adaptability
- Public Speaking

# Kritish Khadka

## FRESHER

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## SKILLS

1. Leadership & Team Management: Experienced in guiding groups of up to 30 students, promoting teamwork, and ensuring consistent progress.
  2. Communication & Interpersonal Skills: Skilled at clearly conveying instructions and feedback to students, adjusting communication style to suit individual needs.
  3. Time Management & Organization: Effectively manages multiple classes, plans training sessions, and ensures classes are conducted smoothly.
  4. Problem-Solving: Quick to adapt to unexpected situations in a teaching environment, finding creative solutions to maintain class flow.
  5. Discipline & Work Ethic: Dedicated to personal and professional growth, with a strong foundation in self-discipline from years of training and teaching Taekwondo.
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## EXPERIENCE

**TAEKWONDO INSTRUCTOR** FUTURE STAR TAEKWONDO  
DOJAN AND JAISIDEWAL TAEKWONDO DOJANG  
May 2024 - Running

1. Instructed a class of approximately 30 students in foundational to intermediate-level Taekwondo techniques.
2. Developed lesson plans and training routines, focusing on improving students' physical skills, discipline, and confidence.
3. Fostered a positive and inclusive environment, promoting values of respect, teamwork, and self-confidence.