

RESUME
MIGAEL FRANK

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PART A: PERSONAL DETAILS

Date of Birth : 18th August 2003
Nationality : Kenyan
Passport No : BK984566
Gender : Male
Language(s) : English, Swahili



CAREER OBJECTIVE

To secure a responsible and challenging position in a reputable organization where I can apply my technical skills, discipline, and strong work ethic to contribute positively to organizational goals while continuously enhancing my professional growth and competencies.

PERSONAL STATEMENT

I am a diligent, reliable, and self-motivated individual with strong interpersonal skills and the ability to work effectively both independently and as part of a team. I demonstrate a high level of responsibility, adaptability, and commitment to assigned duties. I am capable of working under pressure, meeting deadlines, and maintaining professional conduct at all times. I am keen to learn, eager to improve, and dedicated to delivering quality results in every task entrusted to me.

KEY ACHIEVEMENTS

- ❖ Demonstrated excellence in interpersonal and teamwork relations.
- ❖ Maintained discipline, reliability, and integrity in all assigned roles.

PART C: EDUCATIONAL BACKGROUND

Eldoret National Polytechnic	ongoing
Automotive Engineering	
Teremi Boys High School	2019 – 2022
Award: Kenya Certificate of Secondary Education	
Grade : C-	
Nabongo Junior Academy	2011 – 2018
Kenya Certificate of Primary Education	
Grade: 353Mrks	

PART B: WORK EXPERIENCE

Eldoret Skating Club

Feb 2024 to Nov 2025

Coaching

Duties and Responsibilities

- ❖ Training and coaching skaters according to set programs and safety standards.
- ❖ Supervising practice sessions and ensuring discipline and adherence to club rules.
- ❖ Assisting in organizing training schedules, competitions, and events.
- ❖ Monitoring progress and providing guidance to improve performance.
- ❖ Ensuring safe use and maintenance of skating equipment.

Toronto Security Limited

Feb 2023 – Jan 2024

Security Guard

Duties and Responsibilities

- ❖ Maintaining security and safety of assigned premises at all times.
- ❖ Monitoring and controlling access to ensure only authorized entry.
- ❖ Conducting regular patrols to prevent theft, vandalism, or unauthorized activities.
- ❖ Reporting incidents, irregularities, and safety concerns promptly.
- ❖ Ensuring strict adherence to company security procedures and instructions

PART D: SKILLS AND COMPETENCIES

- ❖ Fluent in spoken and written English and Swahili.
- ❖ Strong interpersonal and communication skills.
- ❖ Ability to work under pressure and meet deadlines effectively.
- ❖ Good time management and organizational skills.
- ❖ Flexible, proactive, and solution-oriented in problem solving

PART E: HOBBIES

- ✓ Reading
- ✓ Peer counseling and socializing.
- ✓ Travelling and listening to music.
- ✓ Skating, Swimming, Cycling and Hockey

PART F: REFEREES

1. Victor Tororei
Director
Eldoret Skating Club
Tel: +254790 165 113
 2. Martin Wangila
Head Coach
Eldoret Skating Club
Tel: +254748 207603
 3. Michelle Nyawira
Tel:+254794 535 805
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