



Benjamin Adorno

Nationality: Slovenian, Italian **Date of birth:** 10/10/2002

Place of birth: Maribor, Slovenia **Gender:** Male

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ABOUT ME

I am an ambitious, adaptable, and communicative kinesiologist who enjoys working with people and seeking new challenges. I like working in a team, both as a member and as a leader, as I believe teamwork delivers the best results. My experience spans the fields of skiing, tennis, and fitness training, where I have worked as an instructor, coach, and leader of ski instructor training courses.

I always strive to improve the efficiency and quality of my work and look forward to new opportunities for growth. My knowledge of several languages – Slovene, Italian, English, and basic French – enables me to work in an international environment and connect with people more easily. I am currently continuing my academic journey with a master's degree in business management at the School of Economics and Business, where I am gaining a broader understanding of leadership, organization, and business strategies. I gladly accept challenges and quickly adapt to new situations, as I am motivated by a desire for learning and progress.

WORK EXPERIENCE

Filip Jeff Planinsek – Slovenia

Country: Slovenia

Strength & conditioning coach / Tennis coach

[2025 – Current]

Tennis and strength & conditioning training for professional tennis player Filip Jeff Planinsek - ATP rank 545

Ski Association of Slovenia – Slovenia

Country: Slovenia | Website: <https://sloski.si/zuts-predstavitev/> | Email address: zuts@sloski.si | Business or sector: Education

National Ski Instructor

[01/11/2023 – Current]

Organizing and leading ski instructor courses both in Slovenian, Italian and English, translating ski courses and theoretical lessons (Slovenian->Italian).

Grouse Tyee Ski Club - Vancouver Ski Team – Switzerland

Country: Switzerland

Ski coach

[20/08/2025 – 09/09/2025]

Ski race coaching with the U18 category in Saas-Fee.

Tennis Club Center Court – Ljubljana, Slovenia

City: Ljubljana | Country: Slovenia

Tennis coach/strength and conditioning coach

[01/10/2023 – 06/2025]

individual and group tennis coaching and lessons,
individual and group physical and fitness conditioning training

ŠD Norafora - Ski School Ilka Štuhec – Maribor, Slovenia

City: Maribor | Country: Slovenia | Website: <https://norafora.si/> | Email address: dora@norafora.si | Business or sector: Arts, entertainment and recreation

Ski instructor

[01/12/2022 – Current]

individual and group ski lessons

Kin Vital d.o.o. – Ljubljana, Slovenia

City: Ljubljana | Country: Slovenia | Website: <https://kinvital.si/> | Email address: info@kinvital.si | Business or sector: Human health and social work activities

Kinesiologist

[01/10/2023 – 01/03/2024]

Kinesiology internship
personal training, rehabilitation training, functional training, training for the elderly and running training

Institute Net Sport Tennis – Ljubljana, Slovenia

City: Ljubljana | Country: Slovenia

Tennis Coach

[01/07/2023 – 01/10/2023]

individual and group tennis lessons

Vancouver Ski Team

Website: <https://www.grousetyee.com/> | Business or sector: Other service activities

Ski Racing Coach

[01/06/2022 – 15/07/2022]

Ski race coaching with the U18 category in Deux Alpes (France), Peer (Belgium) and Amneville (France).

Sports Association ABC sport – Ljubljana, Slovenia

City: Ljubljana | Country: Slovenia

Sports instructor

[01/10/2021 – 01/06/2022]

Group lessons and recreation of different sports for children from ages 2-12.

EDUCATION AND TRAINING

Master of Business Sciences

Faculty of Economics - School of Economics and Business, University of Ljubljana [01/10/2024 – Current]

City: Ljubljana | Country: Slovenia | Website: <http://www.ef.uni-lj.si/> | Field(s) of study: Business, administration and law: • Management and administration | Level in EQF: EQF level 7 | NQF Level: 7. stopnja izobrazbe | Type of credits: ECTS | Number of credits: 120

Planiranje, organiziranje, vodenje in kontroliranje procesov
Usklajevanje nalog in učinkovito ravnanje z ljudmi
Kreativno reševanje problemov v managementu
Usklajevanje dela sodelavcev pri doseganju ciljev organizacije
Razvoj v družbeno odgovornega in etičnega vodjo
Diagnosticiranje vrzeli v managerski praksi
Sprejemanje odločitev z uporabo naprednih managerskih pristopov

Bachelor of Kinesiology

Faculty of Sports, University of Ljubljana [01/10/2021 – 08/07/2024]

City: Ljubljana | Country: Slovenia | Website: <https://www.fsp.uni-lj.si/> | Field(s) of study: Health and welfare:
• Inter-disciplinary programmes and qualifications involving health and welfare | Level in EQF: EQF level 6 | NQF Level: 6 1/2 stopnja izobrazbe | Type of credits: ECTS | Number of credits: 180

načrtovanje, izvajanje in evalviranje programov telesne priprave skladno z značilnostmi posameznih ciljnih skupin
razumevanje antropološko-kinezioloških temeljev športa
poznavanje osnov raziskovalnega dela na strokovnem področju

High School Graduate

College Istituto Frejus [01/09/2017 – 01/06/2021]

City: Bardonecchia | Country: Italy | Website: <https://www.istitutofrejus.it/> | Field(s) of study: Business, administration and law: • Accounting and taxation • Marketing and advertising • Management and administration
• Business, administration and law not elsewhere classified • Finance, banking and insurance | Level in EQF: EQF level 5 | NQF Level: Istituto Superiore Paritario AFM

High School diploma

Mater Virtual Academy [01/09/2017 – 10/07/2021]

City: Miami-Dade County | Country: United States | Website: <https://www.matervirtualacademy.com/> | Field(s) of study: Generic programmes and qualifications: • Generic programmes and qualifications not further defined

Angleški jezik – napredno razumevanje, pisanje, kritično branje in analitično razmišljanje v angleščini
Ameriška zgodovina – vpogled v ključne dogodke, politične sisteme in družbeni razvoj ZDA
Vlada Združenih držav Amerike – razumevanje političnih struktur, zakonodajnih procesov in ustavnih pravic
Kriminologija – osnove kriminalistike, pravosodnega sistema in vedenjske analize
Tehnične in praktične spretnosti:
Fotografija – osnove kompozicije, osvetlitve in uporabe fotografske opreme
Digitalne spretnosti – delo z različnimi spletnimi učnimi platformami in digitalnimi orodji
Osebnostne in akademske kompetence:
Samostojnost in odgovornost – sposobnost organiziranja časa in dela v spletno podprtem izobraževanju
Kritično mišljenje in analiza – povezovanje različnih virov informacij ter oblikovanje argumentiranih zaključkov
Komunikacijske veščine – izboljšana sposobnost izražanja v angleščini, tako pisno kot ustno
Mednarodna perspektiva – razumevanje kulturnih razlik in globalnih tematik skozi ameriški izobraževalni sistem

LANGUAGE SKILLS

Mother tongue(s): Slovenian | Italijanščina

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

French

LISTENING A2 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user