

## SUMMARY

Passionate public health professional and clinical dietitian with hands-on experience in nutrition care, project management, education, and humanitarian work. Skilled in working with diverse populations, developing programs, and creating safe, inclusive spaces for growth and awareness. Driven by a strong belief in health equity, community empowerment, and sustainable development across the MENA region and globally. Focused on health promotion and prevention using nutrition and public health as tools to create meaningful impact, especially among vulnerable communities.

## KEY COMPETENCIES

Community Engagement	Time management and organization	Project Coordination and Teamwork
Creativity & Problem solving	Adaptability and flexibility	Initiative and self-motivation
Empathy & Active listening	Clear and Compassionate Communication	Microsoft Office & SPSS Proficiency

## EDUCATION

### Master of Public Health (MPH) - Health Policy and Management

Saint Joseph University (USJ), Beirut, Lebanon

### Bachelor in Nutrition and Dietetics

Lebanese University, Fanar, Lebanon

## PROFESSIONAL EXPERIENCE

### CLINICAL DIETITIAN

#### POLYCLINIC - BEIRUT

MAR 2024 - APR 2025

#### PRIVATE CLINIC

APR 2025 - PRES

- Conduct nutritional assessments, including dietary recall, anthropometric measures, lab analysis interpretation, and lifestyle evaluation.
- Deliver personalized nutrition care plans for patients with diverse medical conditions, including diabetes, cancer, cardiovascular diseases, and gastrointestinal disorders.
- Provide evidence-based Medical Nutrition Therapy (MNT), closely monitoring patients' progress and making adjustments as needed.
- Offer behavioral counseling to support sustainable dietary changes, improve adherence, and promote long-term health outcomes.
- Collaborate with a healthcare team and actively participated in team meetings to ensure holistic and patient-centered care.
- Maintain clear, professional documentation of each case, with continuity of care and proper reporting.

### PRIVATE TUTOR

JAN 2019 - PRES

#### SELF EMPLOYED

- Deliver one-on-one tutoring sessions in science and related subjects to students of all ages, from elementary to secondary school.
- Adapt teaching methods to suit individual learning styles and levels, and support students with and without learning difficulties in developing better study techniques, managing their time effectively, and building confidence in academic performance.
- Maintain consistent communication with parents to track progress, and ensure a supportive and motivating learning environment, emphasizing patience and clarity.

**INSTITUT SUPÉRIEUR DE SANTÉ PUBLIQUE (ISSP), UNIVERSITÉ SAINT-JOSEPH DE BEYROUTH (USJ)**

- Support research teams in data collection for public health projects and academic publications.
- Conduct literature reviews and synthesize findings for papers currently under development
- Assist in drafting and revising sections of manuscripts targeted for peer-reviewed journals
- Collaborate with faculty members and researchers to ensure timely progress of research outputs

**HOSPITAL DIETITIAN - INTERNSHIP****SEPT 2022 - MAY 2023****SAINT JOSEPH MEDICAL CENTER - DORA**

- Provided individualized nutritional care to inpatients across a wide range of clinical departments, including cardiology, oncology, nephrology, maternity and surgery.
- Supported patients in transitioning to therapeutic diets, such as low-residue, diabetic-friendly, renal, or post-operative regimens, with a focus on education and compliance.
- Collaborated with the hospital multidisciplinary team to discuss patient cases and align nutritional care with medical treatment plans.
- Applied Medical Nutrition Therapy (MNT) to assess, monitor, and revise nutrition interventions based on patient condition and response.
- Conducted kitchen audits and collaborated with the food service team to maintain high standards of food quality, safety, and sanitation.

**FOOD SERVICE AND FOOD SAFETY MANAGER****SEPT 2021- OCT 2021****SURMEAL DIET CATERING - INTERNSHIP**

- Oversaw daily kitchen operations to ensure meals were prepared safely, hygienically, and according to dietary standards tailored to clients' health needs.
- Made sure all food safety protocols were strictly followed, from ingredient storage to final meal delivery to maintain a high level of client trust and satisfaction.
- Supervised food preparation and presentation, to ensure every dish met both nutritional requirements and visual quality.
- Regularly checked inventory, monitored expiration dates, and ensured equipment was well-maintained to avoid any service interruptions.
- Worked hand-in-hand with chefs, kitchen staff, and other dietitians to align food preparation with client-specific meal plans and medical conditions.

---

**VOLUNTEERING EXPERIENCE****KAYANI PROJECT FOR PALESTINIAN REFUGEES****APR 2025 - PRES****ASSISTANT DIRECTOR**

- Serve as a core member of the board, leading strategic planning, program development, and high-level decision-making across all Kayani initiatives.
- Manage the implementation and evaluation of diverse programs focused on health, mental well-being, education, gender-based violence (GBV), conflict resolution, climate change, and sustainable development in the Mar Elias refugee camp in Beirut.
- Mentor, train, and guide new interns and volunteers, creating a supportive and purpose-driven team culture.
- Participate in donor meetings, draft proposals, and contribute to fundraising efforts by aligning project goals with partner priorities and community needs.
- Brainstorm and co-design impactful projects with a multidisciplinary team, ensuring they are innovative, inclusive, and responsive to the evolving needs of refugees and vulnerable communities.
- Oversee data collection and analysis to evaluate outcomes and refine strategies for greater impact and sustainability of public support around humanitarian issues in the region.

**VOLUNTEER ASSISTANT**

- Contributed actively to the design and implementation of community-based projects addressing a range of critical issues including mental health, nutrition, women's empowerment, and public health education.
- Helped develop and carry out programs aimed at supporting refugees and underserved populations, with a focus on sustainable health and development.
- Participated in brainstorming sessions and collaborative planning with multidisciplinary teams to ensure each initiative was impactful, inclusive, and culturally sensitive.
- Assisted in proposal writing, research, and data collection to support project funding, evaluation, and continuous improvement.
- Supported event preparation, logistics, and communication to ensure smooth and effective project execution.
- Maintained a strong commitment to humanitarian values, contributing time and energy to causes that support dignity, health, and opportunity for all.

**FALSE ORGANIZATION**

DEC 2024

**VOLUNTEER DIETITIAN - WORKSHOP FACILITATOR**

- Delivered an interactive workshop on eating disorders aimed at raising awareness, reducing stigma, and promoting early intervention among adolescent girls.
- Presented scientific information engagingly, blending evidence-based content with real-life understanding.
- Contributed to the organization's mission of promoting mental health through education and community outreach.

---

**CERTIFICATIONS****PCOS nutrition: a practical approach**

Catalyst Training Lab

**Sports and Athletes Nutrition**

Catalyst Training lab

**Eating disorders and Vegetarianism**

Catalyst Training Lab

**Weight Management**

Catalyst Training Lab

**Elevatig Excellence Digital Bootcamp - Empowering Professionals in the MENA Region's workforce**

Kayani Project

---

**SUBMITTED PUBLICATIONS**

Mhawej, J. (2025). Artificial Intelligence Adoption Dynamics Among Lebanese Dietitians. Manuscript submitted for publication.

**FLUENT LANGUAGES**

English, Arabic and French