

MAHA ALI TOWHARI

Dammam, Saudi Arabia | +966 599078215 | MahaTowhari@outlook.sa

OBJECTIVE

Energetic and communicative clinical nutrition graduate seeking to transition into a sales role within a corporate environment. Skilled in client interaction, and delivering tailored solutions — strengths that can be effectively applied to sales. Passionate about building relationships, understanding customer needs, and contributing to business growth through excellent service and persuasive communication.

WORK EXPERIENCE

Imam Abdulrahman Al Faisal Hospital - Dhahran

DEC 2024 - APR 2025

- Reviewed and adjusted meal plans based on patient lab results and clinical changes.
- Ensured compliance with hospital dietary guidelines and food safety standards.

King Fahad Specialist Hospital - Dammam

SEP 2024 - DEC 2024

- Conducted nutritional assessments for inpatients with chronic diseases such as diabetes and kidney disorders.
- Assisted in tube feeding calculations and monitored enteral nutrition tolerance for ICU patients.

King Fahad University Hospital - Khobar

APR 2024 - AUG 2024

- Supported the outpatient clinic by counseling patients on weight management and therapeutic diets.
- Collected and analyzed dietary intake data to support clinical decision-making.

EDUCATION

B.Sc. in Clinical Nutrition, University of Hafr Al-Batin
(GPA: 3.3/4.0, Second-Class Honors, 2024)

CERTIFICATIONS

- Registered Clinical Dietitian | Saudi Commission For Health Specialties
- Basic Life Support (BLS) | American Heart Association
- Basic Infection Control License (BICSL)

SKILLS

- Proficient in Microsoft Office and digital tools
- Excellent communication and interpersonal skills
- Persuasive and negotiation skills
- Customer relationship management
- Time management and organization
- Problem solving abilities
- Teamwork
- Adaptability

VOLUNTEER EXPERIENCE

- Volunteered in a Breastfeeding Awareness booth
- Participated in World Diabetes Day nutrition outreach
- Joined Breast Cancer Awareness activities
- Helped in Gastrointestinal System Health education event

LANGUAGES

English: Fluent
Arabic: Native