


J CHRISTIAN ABON

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PROFESSIONAL SUMMARY

Social Media Manager & Content Creator specializing in short-form video, Canva design, and multi-platform strategies. Experienced in building and managing a personal brand across Instagram Reels, TikTok, and YouTube Shorts, with growing expertise in content scheduling, community engagement, and analytics.

Currently completing my Social Media Management internship with Sync2VA, where I handle content planning, branding, and performance tracking. Known for strong communication, adaptability, and attention to detail, with transferable strengths from healthcare and customer service roles.

CORE SKILLS

- Social Media Management (Instagram, TikTok, YouTube, Facebook, LinkedIn)
- Short-Form Content Creation (Reels, TikTok, Shorts)
- Canva Graphic Design & Branding (posts, stories, presentations, kits)
- Video Editing (CapCut, Canva, native tools)
- Content Strategy & Hashtag Research
- Community Engagement & Moderation
- Analytics & Reporting (YouTube Studio, Meta Business Suite)
- Strong Communication | Organized | Detail-Oriented | Fast Learner

CONTENT CREATION EXPERIENCE

Chim Chaos (Personal Brand) | August 2025 – Present

- Produced original, meme, and trend-based content for TikTok, Instagram Reels, and YouTube Shorts.
- Developed skills in scripting, editing, captions, and hashtag strategy.
- Gained hands-on knowledge of multi-platform audience growth and trend adaptation.

Poster & Visual Design (Portfolio Samples) | 2025 – Present

- Designed posters, infographics, and social media graphics using Canva.
- Applied branding, typography, and layout principles for clear messaging.

PROFESSIONAL EXPERIENCE (*Transferrable Skills*)

Radiologic Technologist

Bernardino General Hospital II – Quezon City | Sept 2023 - Present

- Managed patient records and schedules with accuracy.
- Communicated effectively in high-pressure environments.
- Maintained detail-oriented execution while balancing multiple tasks.

Customer Service & Technical Support Representative (US-Based Account)

CenturyLink / Experian – Quezon City, PH | 2022 - 2023

- Delivered empathetic support to U.S. clients, simplifying complex topics.
- Handled troubleshooting with patience and problem-solving skills.
- Strengthened remote communication and KPI-driven performance.

EDUCATION & PROFESSIONAL DEVELOPMENT

- **Bachelor's Degree in Radiologic Technology** – FEU-NRMF, Quezon City (2015–2019)
- **Registered Radiologic Technologist** – License valid until Oct 2026
- **Youtube Masterclass: *Your 2025 Guide to Youtube Success*** (August 2025)
- **Canva Master Course 2025** | Design Smarter with Ronny & Diana (Ongoing)
- **Sync2VA Online Training – *Virtual Assistance & Social Media Management*** (September 2025)
- **Sync2VA Internship** – Social Media Manager (October 2025)