

Curriculum Vitae

Male

D.O.B. 02 December 1979

Number of years working in industry:

19 years 4 months



Candidate ID Number: 12629

Nationality: British

Language Skills:

Fluent: English

Good: Spanish

Basic: French

Permitted to work in: Ireland, UK - United Kingdom

Position Sought: Spa Consultant, Spa Director, Spa Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Fitness Professional, Sports Therapist

Personal Statement

I am a highly driven individual with a determination to succeed. My ability to converse and build rapport with people from different demographics is excellent and I thrive on interaction.

I am a fun person to be around and my positive energy will rub off onto any team.

In the short term I am looking to achieve an employment position that allows me to experience another country and all it has to offer. In the long term I want to succeed in being the best at what I do.

Seeking work in SE England, UK, USA, Bermuda and Caribbean

Employment History:

September 2007 - Present - Sports Therapist at (most recent employer hidden for confidentiality) Surrey, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

As a sports therapist i look after clients treating sports injuries from the initial phase and back to full fitness.

I use postural analysis to determine any muscle imbalances and can correct any postural problems.

I have an in depth knowledge of anatomy and physiology.

Applying sports massage to injured or non injured clients is a great physical therapy that can enhance optimum physical function.

I train clients using methods to suit individuals whether it be elite sports specific training or for general fitness, posture correction, flexibility, stability, speed, strength and power.

October 2006 - Present - Massage Therapist at Phase One Therapy, Self Employed, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

Sports Therapist (self employed) - Phase One Therapy.

Treating clients in their homes for all aspects of sports injuries.

Application of deep Tissue Massage and Lymphatic Drainage.

Gait and Posture Analysis and Correction.

Personal Training.

Musculoskeletal Rehabilitaion and Mobilisation.

Nutritional Advice.

October 2010 - October 2011 - Assistant Manager at Nuffield Health, Surrey, UK - United Kingdom, (Health Club)

Duties included:

Operations Manager

Day to day management of a busy local leisure centre. Duties included but were not limited to:

Adhering to health and safety policies and legislation that relate to public safety in a leisure centre environment. (Swimming pool operations, fire evacuation, and protection of vulnerable people.)

Updating all files relating to health and safety. including COSHH, RIDDOR, Fire Safety. Also working with contractors such as fire alarm specialists, pest control, and building maintenance.

Staff Management. (includes recruitment, rotas, disciplinary)

All aspects of reception and customer service

Key and cash handling

Sales and marketing

Life guarding

Fitness advising

Career Break - Traveling

September 2007 - April 2008 - Assistant Manager at David Lloyd, Surrey, UK - United Kingdom, (Health Club)

Duties included:

Leading a team of personal trainers and fitness advisors in a 'high end' fitness environment, offering 1st class fitness programming, development and advice to our clients. Main duties were:

Performance management of all gym and swimming staff

Working with my team to improve club income in line with KPI's

Supervising children's after school fitness club

Taking fitness classes

Personal training

Cleaning duties

Education and Qualifications:

2010 Work Based

NVQ level 3

Leisure Management

2007 University of Kent

BSc Hons Degree

Sports Therapy, Health and Fitness

2006 Nescot college

Foundation Degree

Sports therapy

1996 Glyn ADT Technology School

7 GCSE's Passed B-D

Science (Double Award)

English Language

English Literature

Art

Spanish

Maths

Geography

Physical Education

Vocational Qualifications

NPLQ Lifeguard Qualification

NPPO Pool Plant Operator

NASM Level 3 Personal Trainer

IOSH Health and Safety

Food Safety and Hygiene

Water Management

1st Aid at Work

Hobbies and Interests

Outside of employment I have a keen interest in many different areas such as Music and Cooking of which I have a huge passion, and spending time with my family and friends. I am currently trying to learn to play the Saxophone and already play the Guitar. I like to read Autobiographies, usually about musicians, music history, natural history and science. I love the great outdoors and nature in general and relish opportunities of outdoor endeavours.

I am keen to expand my creative side through arts such as photography, of which I have previously studied. I also have a keen interest in film and music production.

I like to keep my mind refreshed within the sports injury treatment sector and regularly revise this subject and keep up to date with the latest theories.

CV created at www.spastaff.com

