

Curriculum Vitae

Male

D.O.B. 17 March 1990

Number of years working in industry: 15 years 4 months

Candidate ID Number: 12657

Nationality: Irish

Language Skills:

Fluent: English

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Massage Therapist, Fitness Professional

Personal Statement

- Best qualities would be my work ethic and drive to succeed. I have a desire to the most knowledgeable fitness professional known to clients. Always trying to better myself in every way possible.
- Life goal is to build a network of people to work with. Build an impressive and successful client base. To be the best i can be at what i do.

Seeking work in Ireland, UK, International Locations and Cruise Ships

Employment History:

April 2011 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Dublin, Ireland, (Health Club)

Duties included:

One To One Personal Training. Team/Individual strength and conditioning. Sports Massage and Holistic Massage to teams and individuals. Group training for my women class twice weekly.

October 2010 - April 2011 - Fitness Professional at Informed Performance, Dublin, Ireland, (Health Club)

Duties included:

Coaching teams and individuals through strength or conditioning sessions. Writing strength programs for clients. Testing rehabilitation exercises with clients. Strength and fitness testing every athlete who needed it. Treating athletes with sports massage for rehabilitation.

Education and Qualifications:

2011 Sallynoggin College Of Further Education

- Itec Holistic Massage Practical and Theory
- Itec Sports massage practical and theory.
- Itec Personal Training practical and theory.
- Sports Nutrition
- gym instruction
- studio teaching

2008 Ardscoil La Salle

- Leaving Certificate 2008
- Junior Certificate 2005

Vocational Qualifications

Qualified First Aider

Hobbies and Interests

- Football
- Strength Training
- Kickboxing

CV created at www.spastaff.com

