

Curriculum Vitae

Female

D.O.B. 22 July 1986

Number of years working in industry:

17 years 9 months



Candidate ID Number: 12782

Nationality: British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, College Tutor, Fitness Professional, Swim / Aqua Fit Teacher

Personal Statement

I am committed to being a genuine, caring and responsible individual. I ensure that my life is balanced between family, friends, work and charity making sure that I give back by being generous with my time, knowledge and enthusiasm.

I currently work as a personal trainer delivering 10 sessions per week and a group class instructor delivering 5 classes per week. I am currently a Platinum Personal Trainer and ViPR Master Trainer and PTA Global Master Trainer. My role as Master Trainer allows me to work to deliver courses to trainers at 79 clubs nationwide receiving 94% on feedback and contribute to the creation of sports specific programs such as Ski Fit ViPR, Tennis Fit ViPR and PTA Global Bridging and Advanced course. With Reach to Fitness I provide sports massage and outdoors group exercise courses and pass on my passion for health and wellness in the form of free information online and inspiration.

I am driven to help members, friends and clients by providing a well rounded and comprehensive service. I am reliable, conscientious and more than anything motivated by working to help all those within my circle to achieve their goals.

Seeking work in International Locations

Employment History:

May 2008 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Bristol, UK - United Kingdom, (Health Club)

Duties included:

Providing members with tailored training programs to suit their styles and needs.

Products worked with:

Working as a Personal Trainer. I started on 20 hours per week as I was also working at Henbury Leisure Centre and very quickly grew my business at David Lloyd. In December 2008 I qualified with NASM as a pre and post natal expert and set up two classes within our club to cater to this group. Each class, Buggy Fit and Mum Fit are now occupied to capacity. In March 2009 I qualified with NASM as an Expert Level 3 Personal Trainer at which point I moved to Platinum status trainer - the only one within our club. In December 2009 I qualified with NASM as a Corrective Exercise Specialist and now run weekly Injury Rehab clinic within the club which is proving successful.

November 2009 - Present - Massage Therapist at Reach to Fitness, Bristol, UK - United Kingdom, (Health Club)

Duties included:

I deliver between 5-10 Personal Training Sessions per week, 5-10 Sports Massage per week and 2 classes each week, consisting of differing courses such as FKPro, Kettlebells, ViPR and Relaxation. Reach to Fitness represents Revitalise, Enjoy, Achieve, Challenge and Health, see www.reachtofitness.co.uk I have built a small community with Reach to Fitness where all my clients know each other via my classes and help to motivate each other by maintaining a positive attitude, empathy and most of all reaching goals together – this is achieved by sharing their singular goals and having a group joint goal and reward.

Products worked with:

FKPro, ViPR and Kettlebells.

January 2011 - Present - College Tutor at David Lloyd, Heston, UK - United Kingdom, (Health Club)

Duties included:

As a David Lloyd Master Trainer I am responsible for delivering training nationally to 79 clubs consisting of approximately 700 trainers for the innovative tool, ViPR. Feedback scores on training have been on average 98%. I have collaborated to design specific training programs - ViPR Ski Fit, ViPR Tennis Fit and ViPR Weight Loss which have been rolled out nationally. I have single handedly provided training for two new David Lloyd clubs in which ViPR course sales consequently were within the top 20 in the country.

As a David Lloyd and PTA Global Faculty Member I am responsible for delivering training nationally to 79 clubs consisting of approximately 700 trainers providing the education to enable the trainers to take the step from Intermediate trainer to Platinum.

Products worked with:

ViPR and PTA Global

November 2010 - June 2011 - Spa Co-ordinator at David Lloyd, Bristol, UK - United Kingdom, (Health Club)

Duties included:

Standing In as Studio Co-Ordinator due to the absence due to sickness.

During my time as Studio Co-Ordinator I have effectively organised the day to day tasks of the role. I have been involved with the following aspects of the role:

- Include the new Zumba onto the timetable
- Dealt in with a calm manner the traffic light system in order to eliminate classes, in particular I sat down with 8 members in relation to Pilates.
- Covered many classes personally (including Attack, Step, Senior Conditioning, Aqua, Pump, Conditioning and Core) as well as using other instructors for classes.
- Recruited 4 new instructors who in particular are able to teach aqua, aerobics and Body Jam.
- Created, organised and implemented such events as Zumbathon – engaging 350 members and non-members in this charity event raising £2500 for Help for Heroes and contributing to the Tennis Budget.
- Allow for course such as Flexi-Bar and Pole dancing with a view to run Speciality Yoga Classes and Sliding Disc Courses in the future.
- Set up and building a Social Network for the Studio in David Lloyd Westbury by which we are already receiving positive feedback from members unprompted.

Organised Bank Holiday Timetables effectively.

Manage the BTS Launch

Products worked with:

Studio Co-Ordinator

Education and Qualifications:

2004 Badminton School

A Levels - Biology A, Chemistry B, Statistics B

AS Levels - Physics B

GCSEs - Chemistry A, Biology A, Physics A, Maths A*, Geography A, Art A, English Literature A, French A, English Language B

Product Training:

April 2011 PTA Global Mentorship 1, 2 and Apprenticeship

Belgium, London

December 2010 Functional ABC

London

March 2010 ViPR Master Trainer

London

December 2009 NASM Corrective Exercise Specialist

London

June 2009 AEA Aqua Aerobics Instructor

Southampton

March 2009 NASM Expert Level 3 Personal Trainer

London

December 2008 NASM Pre and Post Natal Expert

London

February 2008 Johnny G Spinning Instructor

London

September 2007 Pump Fx

Bristol

Comparable to Body Pump

September 2007 Diploma in Personal Training and Sports Massage Therapy

Bristol

Hobbies and Interests

Keeping active - Climbing, ViPR, Kettlebell, Fell Running, Sprint Triathlon, Barefoot Running, Spinning, Fitball, Resistance Training, Cycling, Running, Kickboxing, Yoga and swimming as well as Cooking, Surfing, Snowboarding, Surfing and Scuba Diving

CV created at www.spastaff.com

