

Curriculum Vitae

Male

D.O.B. 07 February 1971

Number of years working in industry: 27 years 0 months

Candidate ID Number: 13255

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, Holistic Therapist, Fitness Professional

Personal Statement

Having worked for two decades in Health and Fitness, I now specialise in combining exercise prescription with Thai massage, providing a unique, gym floor personal training session that focuses on mobility, relaxation and overall wellbeing. I feel passionate that my skills can fit comfortably in both a fitness and spa environment, and I would like to explore the opportunity to combine my two great interests of fitness and foreign travel.

Seeking work in International Locations

Employment History:

January 2012 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Crawley, West Sussex, UK - United Kingdom, (Health Club)

Duties included:

Personal Training, Thai Massage, exercise prescription and wellness assessments, general gym floor duties and customer service.

February 2010 - Present - Self-employed Personal Trainer and massage therapist at Self-employed, East Grinstead, West Sussex, UK - United Kingdom, (Home/Mobile)

Duties included:

Conducting one-to-one training sessions and both sports and thai massage therapy, in the client's own home as well as a local gym facility.

August 2008 - February 2010 - Gymnasium Manager at East Grinstead Sports Club, East Grinstead, West Sussex, UK - United Kingdom, (Health Club)

Duties included:

All aspects of managing a busy gym facility, from leading a team of 4 Personal Trainers in providing a service to our members to maintaining my own client base, creating membership retention schemes and sales promotions.

January 1999 - July 2008 - Gymnasium Manager at Dunnings Health and Fitness, East Grinstead, West Sussex, UK - United Kingdom, (Health Club)

Duties included:

All responsibilities as listed above, in addition to maintenance of swimming pool and spa.

Education and Qualifications:

1990 Eastleigh College of FE, Eastleigh, Hampshire

BTEC National Diploma

BTEC National Diploma in Leisure Management

1990 Newcastle College

Diploma

Diploma in Sport Psychology

1989 Eastleigh College of FE, Eastleigh, Hampshire

City and Guilds

City and Guilds Certificate in Sport and Recreation

1987 Thornden Secondary School, Eastleigh, Hampshire

GCE 'O' Levels - Mathematics Grade B

English Language Grade C

Physics Grade C

GCSE 'O' Level Social Science Grade C

Vocational Qualifications

Health and Fitness related certificates;

CHEK Institute Exercise Coach

RSA Sports Massage Diploma

Bodyharmonic Thai Massage Master Practitioner

FIA Senior Fitness Leader Award

FFI Advanced Instructor Award for GP refelar schemes

ASA Assistant Swimming Teacher Certificate

RLSS Pool Bronze Lifesaving Certificate

St John Ambulance First Aid certificate

IBRM Pool plant operators certificate

CCPR Community Leader Award

Additional;

BHPA Paragliding Club Pilot license

PADI Open Water diving certificate

Hobbies and Interests

Paragliding and Mountain biking in southern England, Gym exercise and yoga, playing guitar plus travelling as regularly as possible, most recently back-packing in Thailand, trekking in Nepal and flying gliders in Spain.

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