

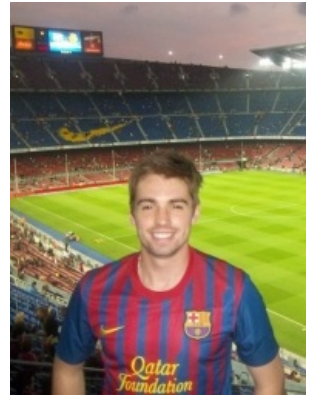
# Curriculum Vitae

**Male**

**D.O.B. 02 May 1988**

**Number of years working in industry:**

**18 years 3 months**



**Candidate ID Number:** 14831

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Massage Therapist, Fitness Professional

## Personal Statement

A confident individual with good communication skills; I enjoy social interaction and am able to communicate effectively with a wide range of clientele, from young children and senior citizens to senior managers within the company.

Self-motivated and good-humoured. I am conscientious and ambitious to continue my solid career and personal progress to date.

Good organisational skills; ability to prioritise and work under pressure. I am adaptable and have no problems adjusting to unfamiliar situations.

I am proactive, calm, flexible and resilient: I welcome responsibilities and new challenges.

A good team player but also able to work individually and take the lead.

A creative individual with an enthusiasm for all types of sport and fitness training; hands-on experience in communicating this enthusiasm and these skills to others.

Seeking work in International locations and cruise ships

## Employment History:

**November 2007 - Present - Fitness Professional** at (most recent employer hidden for confidentiality)  
Buckinghamshire, UK - United Kingdom, (Health Club)

### Duties included:

- Writing Programmes for clients
- Inductions to the gym
- Maintenance of the gym
- Health examinations with clients ( blood pressure, body measurements, weight and body fat)
- Reception work
- Selling memberships
- Taking Badminton sessions three times a week
- Writing session plans for Badminton
- Opening and closing the centre
- Managing all areas of the centre
- Managing casual staff
- Cashing up
- Community Champion (facilitating the full engagement of the community with the gym)
- Energy Champion (ensuring that the centre is using energy as efficiently as possible)
- Membership processing (selling, cancelling and freezing memberships)

## Education and Qualifications:

### 2012 Drummond Education

Level 3

Exercise Referral for clients with specific controlled conditions.

### 2012 ICON training

Level 3

Personal Training

### 2012 Bull Training

Certificate

Defibrillation trained

### 2012 ITEC

Level 3

Holistic massage

### 2011 NUCO Training

Certificate

First Aid

### 2008 Badminton England

Level 1

coaching Badminton

### 2007 Amersham and Wycombe College

National Diploma

Sport and Exercise Sciences

### 2005 Drummond Education

Level 2

Fitness Instructor

### 2004 The FA

Level 1

Football Coach

### 2004 St.Bernards School, High Wycombe

GCSEs

English Literature, English Language, Geography, Graphics, Maths, Religious Studies, Science, Sports Science

## Vocational Qualifications

- First Aid (October 2011- October 2014)
- Defibulation trained every 6 months
- SHOKK- Inducting adolescents into the gym 2007
- Kayaking Level 1 2007
- GP Referral Course Level 3
- Computer literate: proficient user of front of house systems (Torex, Legend)

## Hobbies and Interests

I am very interested in health and fitness; I enjoy playing football and badminton. I like meeting up with friends and spending time with my family. I have been travelling and I am very interested in different cultures and meeting new people.

