

# Curriculum Vitae

**Male**

**D.O.B. 04 May 1983**

**Number of years working in industry:**

**8 years 5 months**



**Candidate ID Number:** 153033

**Nationality:** British, American

**Language Skills:**

Fluent: English

Good: French

Basic: Spanish

**Permitted to work in:** USA - United States, UK - United Kingdom

**Position Sought:** Regional Senior Manager, Spa Director, Spa Manager, Fitness Professional, Yoga / Pilates Teacher

## Personal Statement

I radiate positive energy and inspiration - it has always been my best quality. And helping people ( whether that be clients or staff/ teachers I am training ) become and live their best selves - even when they thought it was not possible - is my whole essence of being.

Having been though a divorce with no children very recently, I would like the chance to be single , free and reinvent myself somewhere that takes my breath away every day.

Seeking work in national and international locations and cruise ships

## Employment History:

**September 2023 - Present - Spa Director** at (most recent employer hidden for confidentiality) Somerset, UK - United Kingdom, ( Hotel Spa )

### Duties included:

Opened a new luxury spa and wellness center in rural england

Created branding , organic social media and influencer marketing with minimum capital ad spend

Designed and managed the studio timetable and holistic workshops and spa offering

Hire, train and manage all staff to brand standard

Built a reputation as the high end business leader in the wider area with month on month increase in membership and ROI every month of operation.

## Products worked with:

All small luxury British brands:

True Grace

100 Acres

Trill Farm

Dr. Sebaugh ( london /paris )

**September 2015 - September 2019 - Wellness Curator** at Fora Coworking Spaces, London, UK - United Kingdom, (Hotel Fitness Centre)

**Duties included:**

Create and implement innovative wellness programming , both in the physical and in creative workshops , for this luxury co-working brand. Manage group fitness timetable and 4 personal trainers. Personally taught all variety of group fitness , yoga and meditation. maintained my own personal training clients.

**September 2013 - September 2015 - Fitness Professional** at W Hotels, London, UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

Create and implement innovative wellness programming for the hotel residents and external fitness members. Manage group fitness timetable and 2 other personal trainers

**Education and Qualifications:**

**2022 see above**

see above

National Academy of Sports Medicine , Los Angeles - Sports and Exercise Science

Yoga Alliance 500 hour yoga teacher trainer, Vinyasa Yoga School , India

Level 3 PT, spin , TRX, Pilates, Kettlebells, Functional Fitness, YMCA

Certified Positive Psychology Coach, Cambridge University

**2004 University of California Berkeley**

Associate

**2002 University of Southern California**

Bachelors

**Product Training:**

**September 2022 Whoop 4.0**

London

Learn market and upsell the value of this wearable health tech as a presale to a wellness vacation so that I have sleep, health and fitness data for a period before arrival to track progress during the holiday as well as post holiday to help ensure the progress made is maintained and continued.

**September 2022 Fitness Genes**

London

Learn to up sell a DNA marker system that enables clients to maximize their muscle mass and strength by matching their workouts, nutrition, and supplementation to their personal DNA

**September 2018 360 Body Scan**

London

how to use, interpret and track hydro-electrical body scanning data

**Vocational Qualifications**

CPR First Aid for adults and Children

Childrens Swim Instructor

## **Hobbies and Interests**

I grew up in a small beach town in southern California. Water and the sea are in my DNA. I can do and love anything sport wise with natural talent and am an avid ocean swimmer, yogi and weightlifter. In the last two years I have also been learning to play polo and am now a beginner 0 goal chukka player.

CV created at [www.spastaff.com](http://www.spastaff.com)

