

# Curriculum Vitae

Male

D.O.B. 05 April 1966

Number of years working in industry:

5 years 4 months



**Candidate ID Number:** 156032

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Fitness Professional

## Personal Statement

I started my fitness journey began back in 1996 when I decided to follow my dream of working in the fitness industry with huge influences coming for this decision from my father, a former PTI & a manager of a local gym manager whom I used to discuss career aspirations with.

I thought the best approach would be to get strong educational background in the subject of human form and function so I embarked on getting GCSE & an A'level in the subject of human biology at a local further education college. Once I'd completed & passed these I then went onto start my professional qualifications for the fitness industry. I started with the standard Fitness Instructor qualification with YMCA accreditation to give me the initial groundwork in the basics.

I also had a keen interest in holistic therapy in the form of massage which had helped me in recovering from the grief after losing my mother to cancer at an early age.

I personally experienced the benefits of this form of therapy so wanted to actually learn this discipline as I'd powerfully experience the effects of this in accelerating my recovery in the form of stress reduction and in putting weight back on which I'd lost following her death. I combined this with joining a local gym and the two combined were incredibly powerful for me personally.

My approach to building my fitness profile of qualifications was 3 fold in learning all I need for working a gym environment, a studio environment teaching classed & my holistic therapy qualifications which have a carry over to the fitness work and effective when used in combination.

This approach to my training was validated by one of my former fitness managers who said my combination training was highly attractive to employers in that I'd could switch from either environments at will making my skills and experience highly effective in whatever facility I found myself working in.

My range of qualifications when from the basic to advanced & the principles of fitness I learnt were and are beneficial in my effectiveness as an instructor using principles like SMART & SAID in dispensing programmes of basic and rehabilitation type programmes. I have used the above in training individual and in group sessions with progression built in plus always catering for beginners, intermediates and advanced exercisers.

I have recently sat through multiple talks and lectures on nutrition and how this correlates to achieving fitness goals & i'll strive to pass on this knowledge to future clients I may have. Of note are the learning I'd received regarding intermittent fasting & eccentric training with regards to accelerated recovery from injury and is a subject I'm fascinated with.

I'm constantly on the lookout for updated learning on the subject of health, fitness & nutrition & how I can best use this in a professional environment.

I have gained much satisfaction from my work with charities too using my holistic & fitness knowledge in this arena.

Seeking work in national and international locations and cruise ships

## Employment History:

**June 2018 - October 2023 - Fitness Professional** at (most recent employer hidden for confidentiality) HEMEL HEMPSTEAD, UK - United Kingdom, (Health Club)

## **Duties included:**

Admin Officer. Trying to get back into Health, fitness and holistics after Covid

## **Education and Qualifications:**

### **2002 Norwich City College & external providers**

NVQ Level 3

Boxercise Personal Trainer Certificate Feb. 2008 @ Uxbridge London

Injury Prevention Massage Feb. 2008 CPD course via FHT (No hands massage course)

Boxercise Instructor Certificate Oct. 2007 @ Uxbridge London

Focus Training/ Personal Trainer Certificate

Focus 3/YMCA Advanced Fitness Instructors Certificate S/NVQ Level 3

S/NVQ level 3 IIST Sports Massage Certificate, City College, Norwich

Indian Head Massage Diploma (Beauty Guild) August 2006 Solana Nail and

Beauty Training UK

Aromatherapy Facial Massage Diploma (Beauty Guild) Solana Nail and

Beauty Training UK

Thermal Auricular Therapy Certificate (Hopi Ear Candles) Solana Nail and

Beauty Training UK

Focus Training/YMCA Exercise to Music Certificate

RSA 3 IBT (Integrated Business Technology) Sep.'01-Jan. 2003 profile

attained

Focus Training/YMCA Standard Fitness Instructors (resistance) Certificate

S/NVQ Level 2

S/NVQ Level 3 VTCT IHHHT Body Massage Certificate, City College, Norwich

## **Vocational Qualifications**

I'm experienced in helping charities using my sports massage skills at the London Marathon and Ride London and received recognition in a national article :

<https://blog.fht.org.uk/2017/08/03/fht-and-mnd-leading-out-in-race-across-london/>

## **Hobbies and Interests**

Cycling, rock climbing, swimming & Pilates

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

