

Curriculum Vitae

Female

D.O.B. 08 April 1989

Number of years working in industry:

13 years 9 months



Candidate ID Number: 16741

Nationality: New Zealander, British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: New Zealand, UK - United Kingdom

Position Sought: Fitness Professional

Personal Statement

I am a dedicated and outgoing Health and Fitness consultant who enjoys teaching clients of varying ages and abilities. A confident and articulate communicator with a professional manner and the ability to deliver work of the highest quality. Extremely organised and highly motivated, with a proven ability to plan and prepare training sessions for individuals and groups. Possesses excellent interpersonal and liaison skills with the ability to communicate professionally, building and maintaining productive working relationships

Seeking work in international locations

Employment History:

May 2014 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Palmerston North, New Zealand, (Health Club)

Duties included:

- CrossFit training
- Bootcamp training
- one on one training
- Triathlon specific training
- Spin instructor
- X55 Instructor

June 2011 - June 2013 - Fitness Professional at Configure Express Womens Gym, Palmerston North, New Zealand, (Health Club)

Duties included:

- Fitness Consultant
- Strength Program
- Triathlon specific 12 week training program
- X55 Aerobic instructor
- Spin instructor
- Bootcamp training
- CrossFit training

Education and Qualifications:

2013 Massey University, New Zealand

Bachelor of Health Science Major Sport and Exercise

- Health Science Major Sport and Exercise

2005 Havelock North High School

NCEA Level 2

Vocational Qualifications

4 Years in Military

Tree Felling

Saw Milling

Basic Carpentry

Hobbies and Interests

Any sport

CrossFit

Travel

CV created at www.spastaff.com

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