

# 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](http://www.spastaff.com)

