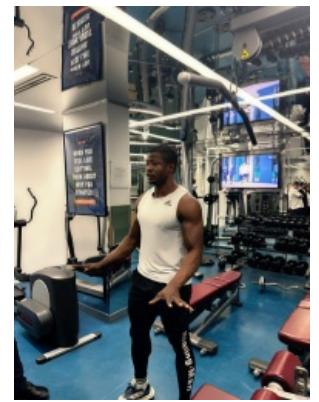


Curriculum Vitae

Male

Number of years working in industry:

8 years 0 months



Candidate ID Number: 178798

Nationality: Nigerian

Language Skills:

Fluent: English

Permitted to work in: Nigeria, UAE - United Arab Emirates

Position Sought: Fitness Professional

Personal Statement

A certified personal trainer, I empower clients to reach their full potential through customized coaching and motivational support, while continuously expanding my expertise.

Seeking work in international locations and cruise ships

Employment History:

November 2020 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Dubai , UAE - United Arab Emirates, (Hotel Fitness Centre)

Duties included:

Properly educated clients to improve attainment of individualised wellness objectives.

Built clients confidence and ability through unrelenting motivation and dedication.

Regularly created innovative and exciting challenges to maximise client retention, motivation and engagement.

Built client capabilities through strength , hypertrophy training ,cardiovascular exercise and stretching.

Designed and executed individual and small group exercise fitness classes and regimens.

Encouraged and motivated clients during training sessions to maximise strength.

Trained clients to practise proper form, posture and technique.

Assessed client needs and current fitness levels to devise tailored strength and weight loss plans.

Built positive relationships with clients to encourage continued class attendance.

Demonstrated safe equipment use for minimised risk of injury or damage.

Developed high-quality training programmes using up-to-date health, fitness and nutrition knowledge.

Guided clients on proper nutrition and exercise habits for optimum results.

Products worked with:

Hospitality

Duties included:

- Inspired swimmers to develop consistent practice routines, consistently promoting health, strength and wellbeing.
- Established and maintained excellent guests relationships, putting guests at ease with confident, can-do attitude.
- Suggested safety initiatives and methods of poolside hazard prevention to safeguard all guests.
- Supervised and mentored new team members to build competent and confident teaching team.
- Delivered fun, practical swimming programmes to meet class objectives.
- Enforced adherence to expected codes of conduct and ethical performance.
- Established swimming assessments and developed lessons tailored to individual ability to ensure maximum effectiveness.
- Supported athletes in exceeding personal targets through individualised training regimes.
- Prepared lesson plans and comprehensive work schemes in alignment with Learn to Swim Programme requirements.
- Assessed athletic performance to identify strengths and weaknesses.

Products worked with:

Water park

Education and Qualifications:

2020 Active IQ , Fitness first duai

Level 3 Diploma In Gym Instructing and Personal Training

Fitness Instructor

2008 Distinction Gate College

West Africa Examination Council

Vocational Qualifications

Ability to demonstrate exercises and movements.

Effective communication and teaching.

Ability to create personalized fitness plans.

One-on-one training and coaching.

Demonstrating exercises and providing feedback.

Strong customer service and relations.

Building rapport and trust with clients.

Knowledge of anatomy and physiology.

Understanding of exercise science and programming.

Familiarity with fitness equipment and technology.

Basic first aid and CPR/AED certification.

Marketing and self-promotion.

Time management and scheduling.

Goal setting and achievement.

Adaptability and flexibility.

Patience and understanding.

Motivation and enthusiasm.

Specialized in strength and hypertrophy training.

Knowledge of nutrition and meal planning.

Experience with functional training and rehabilitation.

Hobbies and Interests

Physical Activities

Health and wellness

Creative pursuits

Social and community

Personal development

CV created at www.spastaff.com

