

# Curriculum Vitae

**Male**

**D.O.B. 09 January 1980**



**Number of years working in industry:**

**13 years 3 months**

**Candidate ID Number:** 18037

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Fitness Professional

## Personal Statement

I am a highly self-motivated, outgoing, passionate and dedicated individual with a flexible and proactive approach to work. I have excellent communication, organisational and management skills, with the ability to work intuitively either on my own or as part of a team.

My life goal is to become a CHEK practitioner and to own my own Health Retreat Spa.

Seeking work in the UK and international locations

## Employment History:

**July 2013 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Reading, UK - United Kingdom, (Health Club)

### Duties included:

Providing a welcoming and friendly environment and maximising every members experience of using the health club.

Writing personalised programs adapted to members requirements.

Delivering personal training.

Delivering Group cycling to music classes.

Delivering Group exercise circuit classes.

Delivering group and individual TRX sessions.

Providing nutritional and lifestyle advice.

Help members identify their goals and work out the best course of action to achieve them.

Look after the general working of the gym and ensure a safe environment at all times.

**April 2013 - July 2013 - Fitness Professional** at Pure Gym , Reading, UK - United Kingdom, (Health Club)

### Duties included:

Providing a welcoming and friendly environment and maximising every members experience of using the health club.

Writing personalised programs adapted to members requirements.

Delivering personal training.

Delivering Group cycling to music classes.

Delivering Group exercise circuit classes.

Delivering group and individual TRX sessions.

Providing nutritional and lifestyle advice.

Help members identify their goals and work out the best course of action to achieve them.

Look after the general working of the gym and ensure a safe environment at all times.

**October 2012 - March 2013 - Fitness Professional** at Movement Improvement, Discovery Bay, Hong Kong, (Health Club)

#### **Duties included:**

Delivering Personal and group TRX Training.

#### **Education and Qualifications:**

##### **2012 OPS Hong Kong**

TRX level 1 certificate

TRX Suspension Training

##### **1996 Standish Community High School**

10 GCSE Qualifications Including :

- English Language (A)
- English Literature (B)
- Science Double Award (AA)
- Physical Education (A)

Mathematics (B)

#### **Vocational Qualifications**

Emergency response

Pool Side Rescue

First Aid/Defib Trained

#### **Hobbies and Interests**

Photography

Mountainbiking

Philosophy

Snowboarding

Hiking

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