

Curriculum Vitae

Male

D.O.B. 07 January 1987

Number of years working in industry:

6 years 1 month



Candidate ID Number: 180500

Nationality: Kenyan

Language Skills:

Fluent: English, Kiswahili

Basic: Arabic

Permitted to work in: Qatar, Kenya

Position Sought: Complementary Practitioner, Complementary Therapist, Fitness Professional, Receptionist, Area Sales Representative, Membership Sales Professional

Personal Statement

I'm a Level 2 and 3 Certified Personal Trainer with over 10 years experience working in the GCC. I have a wide range of experience that includes training clients of all ages and fitness levels. My approach to fitness is based on the belief that well-rounded physical activity and healthy nutrition are the keys to leading a healthy and active lifestyle. My enthusiasm and dedication to helping others reach their goals have resulted in a successful track record of happy, healthy clients. I have a passion of changing people's lives for the better. I'm also a qualified Boxing, TRX Suspension Training, ViPR, Kettlebells and Bootcamp Instructor. Am specialized in Individual and Group Instruction

Seeking work in international locations and cruise ships

Employment History:

January 2020 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Doha, Qatar, (Hotel Fitness Centre)

Duties included:

- Conducting fitness assessments to establish client fitness and skill level.
- Holding one-on-one or group sessions with clients.
- Identifying goals and creating tailored exercise plans.
- Monitoring clients' progress.
- Providing advice to clients on health, nutrition and lifestyle changes.
- Educating and advising clients to maintain or reach their fitness and health goals.
- Keeping up to date with the latest personal training techniques and best practise helping clients with their workouts.
- Creating and maintaining positive, professional and trusting relationships with clients.
- Providing innovative and challenging exercises to keep clients engaged and motivated.
- Proactively seeking and providing feedback in a manner which suits each individual client.
- Assisting with membership retention strategies for existing clients.
- Accurately recording clients' training sessions and tracking relevant paperwork.

Communicating with clients in a professional and courteous manner.

Acting as a positive role model for all of clients.

Making the best of the environment in which clients are exercising.

Analyzing information relating to individual clients.

Marketing my business to increase my client base.

Maintaining an online presence through my personal website, blogging and social media.

Education and Qualifications:

2011 College of Health Sciences/Fitness Collective/Dubai/UAE

Diploma

Level 2 and 3 Personal Trainer- REPs

Boxing

TRX Suspension Trainer

Kettlebells

ViPR

Polar Heart Rate Monitor

2011 Fitness Collective UK

CYQ REPs Level 1 and 2 Personal Trainer

Boxing

Kettlebells

ViPR

2011 Fitness Collective UK

CYQ REPs Level 2 and 3 Personal Trainer

Boxing

Kettlebells

ViPR

Vocational Qualifications

First Aid

IT

Hobbies and Interests

Reading

Cycling

Jogging

