

Curriculum Vitae

Male

D.O.B. 01 August 1986

Number of years working in industry:

16 years 9 months



Candidate ID Number: 181842

Nationality: British

Language Skills:

Fluent: English

Basic: Croatian

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, Fitness Professional

Personal Statement

I have good knowledge and experience working within the health and fitness industry and personal training.

I have good experience working with all different types of people, from working in corporate health centres in central London to working with people in their own homes and local parks.

I am always trying to enhance my skills and knowledge by keeping up to date with the latest health and fitness knowledge and gain further certifications that will help me offer a five-star service.

I am organised & friendly, and like to do a good job and build friendly lasting relationships with clients and team members.

I am Flexible, reliable, and trustworthy, I am computer literate and have good attention to detail.

Employment History:

March 2018 - June 2024 - Fitness Professional at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Home/Mobile)

Duties included:

PERSONAL TRAINER & SPORTS MASSAGE THERAPIST

Working within London as a mobile personal trainer & sports massage therapist.

I would see clients at their homes or local parks for their training sessions and sports massage.

Career Break - Maternity/Paternity leave

August 2017 - March 2018 - Fitness Professional at Wellness Assured, London, UK - United Kingdom, (Health Club)

Duties included:

This position involved me working in corporate fitness at a large law companies' onsite gym in central London. My duties were to assist the fitness manager in the effective operation of the fitness Centre. This involved opening and closing the club, responding to emails and bookings, general administration and reception duties, floor supervision, member induction, health checks, personal training and programming, teaching 3 different studio classes a week.

April 2016 - October 2016 - Spa Consultant at TUI HOLIDAYS, Istria (Croatia), Croatia, (Hotel Fitness Centre)

Duties included:

I worked In Croatia for TUI Travel as a group fitness instructor.

My main responsibilities were to promote and teach group fitness and relaxation classes to hotel guests. Body Pump and Body Balance, yoga, HIIT, Aqua fit, and core classes, I also helped with organizing daytime and evening entertainment. I was awarded recognition for achieving number one trainer in the world for TUI destinations and hotels.

October 2014 - April 2016 - Fitness Professional at Self Employed, London, UK - United Kingdom, (Health Club)

Duties included:

I worked as a self-employed Personal Trainer at the factory gym and dance studios in Islington London.

I had a wide variety of clients, mainly busy professionals who worked long days and had started to neglect their health and wellness. I built very strong relationships with these clients, and they stayed with me as their coach for a number of years.

March 2012 - October 2014 - Fitness Professional at More Fit Personal Training, London, UK - United Kingdom, (Health Club)

Duties included:

I worked as a self-employed personal trainer at a private studio in North London delivering fun and effective training sessions to my clients concentrating on specific fitness goals, from weight loss to sports specific training. I also took a running club and group boot camps in the park.

March 2009 - March 2012 - Fitness Professional at Core Clinic, London, UK - United Kingdom, (Health Club)

Duties included:

This was an exercise clinic opened by BUPA Health Care and David Lloyd Leisure specializing in medical referrals and injury rehabilitation.

My role involved working with a small team of physiologists and Physiotherapists, delivering specific program design, ranging from weight loss to medical referrals. This was a rewarding opportunity to work within a clinical and medical position, helping patients and clients back to health and wellbeing.

November 2006 - March 2009 - Fitness Professional at Stock Brooke Country Club, Essex, UK - United Kingdom, (Health Club)

Duties included:

During my time at Stock brook, I was responsible for organizing and planning fitness programs for new members and tailoring the programs to suit their individual fitness levels and specific goals. I gave advice on suitable exercises to help with certain injuries and focus points.

Alongside this an important part of my role was linked with children's fitness. I planned and led regular children's fitness classes for children aged between 5 and 11.

This involved football tournaments as well as holiday clubs.

I was responsible for opening and closing the club,

Checking the pool and Jacuzzi area and administration and reception duties.

Education and Qualifications:

2025 NASM

Diploma

Corrective Exercise

2018 YMCA Fitness Industry Training

Level 3 Diploma in Sports Massage Therapy

Sports Massage Therapy

2017 YMCA FIT

Diploma level 3 Sports Massage

- Personal Training
- Sports Massage
- Corrective Exercise
- Nutrition

2012 YMCA Fitness Industry Training

Level 3 Personal Training (CYQ)

Personal Training

2012 YMCA Fitness training industry

Level 3 Nutrition

Nutrition for Physical Activity

2006 YMCA FIT

Diploma level 3 Personal Trainer

- Personal training
- Sports Massage
- Corrective Exercise Specialist
- Nutrition

2004 Colchester Institute

NVQ Level 2 Plumbing & Heating

2002 The stanway School

GCSEs - 7

Math, English, Science, History, Art, Food tec, P.E,

Vocational Qualifications

Football Coaching, Indoor cycling, Boxing, First Aid, Red Cross Lifeguard, Barista, Food Hygiene, Plumbing,

Hobbies and Interests

Football, running, music, reading, hiking, gym, cycling.

CV created at www.spastaff.com

