

Curriculum Vitae

Male

D.O.B. 19 August 1987

Number of years working in industry:

10 years 8 months



Candidate ID Number: 184691

Nationality: Filipino

Language Skills:

Fluent: English, Tagalog

Permitted to work in: Philippines

Position Sought: Spa Director, Spa Manager, Spa Co-ordinator, Assistant Manager, Massage Therapist, Holistic Therapist, Fitness Professional, Swim / Aqua Fit Teacher

Personal Statement

I'm committed to helping others feel their best—body, mind, and soul. With my skills in relaxing massage therapy and personal training, I aim to guide clients toward a balanced, healthier lifestyle while creating safe, healing spaces to rest, recover, and grow stronger. My goal is to blend fitness and wellness in a way that empowers every individual I work with.

Seeking work in international locations and cruise ships

Employment History:

November 2023 - Present - therapist, fitness instructor, recreation specialist at (most recent employer hidden for confidentiality) Quezon Province, Philippines, (Home/Mobile)

Duties included:

- Fitness Trainor
 - Conduct one-on-one personal training sessions, providing tailored workout plans based on individual goals.
 - Lead group fitness classes, ensuring participants follow proper techniques and maintain motivation.
 - Assess clients' fitness levels, helping them track their progress and adjust their workout plans accordingly.
 - Provide lifestyle and nutritional guidance to support clients in achieving their fitness goals.
 - Maintain a safe and positive environment, ensuring all equipment is used properly and safely.
 - Build strong, lasting relationships with clients, promoting commitment to their fitness journey.
 - Stay up to date with the latest fitness trends, techniques, and certifications.
- Massage Therapist Home Service
 - Provide professional massage therapy services, including relaxation, deep tissue, sports, and therapeutic massages.
 - Assess clients' needs and recommend suitable treatments to alleviate pain, stress, and muscle tension.
 - Maintain client confidentiality and ensure a comfortable, relaxing environment.
 - Keep detailed records of treatments and progress for ongoing clients.
 - Stay current with massage techniques, certifications, and industry trends.
 - Adhere to all safety and hygiene protocols to ensure a clean and safe work environment.
- Event Specialist
 - Photobooth + Audio & Photo Guestbook: Capture memories with creative and high-quality photobooth services, complete with audio and photo guestbooks to make your events truly unforgettable.
 - Face Painting: Add color and fun to your celebrations with glitter art and artistic face painting designs that delight kids and adults alike.
 - Team Building Facilitator: Design and lead engaging activities that foster teamwork, communication, and collaboration, making your corporate events or gatherings impactful and enjoyable.
- Midwife Part-time Role : Alidio Maternity Lying - In Clinic
 - Implemented all health and safe policies, fire regulations and infection control procedures
 - Performed direct patient care and assisted/handled normal spontaneous delivery under the supervision of a

- doctorPerformed internal examination during labor
- Sutured perineal lacerations under the supervision of a doctorIn case of emergency, IV insertion and administers parenteral medication perdoctor's order and under the supervision of Registered Nurse at Pregnant patient
- Monitored patients frequently and provided comfort and safe environment
- Prioritized patient's needs and possessed critical thinking to intervene withappropriate intervention for urgent/emergent care.Carried out screening tests
- Provided information, emotional support and reassurance to the patientsTook patient samples, vital signs and blood pressuresCarried for and assisting women in labour
- Monitored the foetus during labourIdentified high-risk pregnancies
- Advised and supported parents in the daily care of their newborn babies

October 2022 - July 2023 - Recreation Supervisor at Address Dubai Marina , Dubai, UAE - United Arab Emirates, (5 Star Hotel Spa)

Duties included:

Recreation Supervisor/Fitness Instructor (Acting Head Of the Department at Address Dubai Marina and Tennis & Country Club)

- Works with the team to maintain a warm, welcoming and friendly atmosphere,ensuring guest courtesy is to the highest standards at all times
- Executes daily opening and closing responsibilities according to brandstandards
- Manages and process purchase requests in Recreation Department
- Responsible for basic budgeting tasks such as monitoring expenses andpreparing financial reports for the department
- Keeps management informed with all members, staff and program issuesWorks closely with the marketing team to coordinate and implement revenuegenerating campaigns for the fitness centre
- Responsible for maintaining the swimming pool, gym facilities and spa area andensure that are maintained and kept in member/guest ready conditionOversees recreation ambassadors holding them to established performancestandards and excellent customer service
- Assists all colleagues within the department by helping them to develop in theirrole and encourage them with their self development
- Responsible for scheduling according to the staffing guideResponsible in the recruitment and training of new staff
- Animator, Rope Course Instructor, Fire Performer (Acting Head of Entertainment)
- Operated and presented a varied daytime and evening activity programme
- Ensured that the content and rendering of entertainment is professional andnon-offensive to the audience.
- Ensured that all props, leads, electrical equipment and other stage sets are safe,and that no walkways, exits or entries are blocked by the entertainers'equipment or the process of the entertainments
- Provided proper fitness exercises, warm up, stretching; guidance on using gymtools and equipment; and perform fitness class
- Facilitated team building for corporate groups and hotel guest
- Created plan and facilitated activities and also special event like kids carnivals
- Created safe environment for all children attending the teens and kids club
- Maintained the daily operation of the ropes course within the guidelines ofStandard operating procedures
- Ensured Rope Course/Kids Club rules and regulations are enforced at all times.Responded to emergency situation and administers and coordinates emergencyfirst aid as necessary
- Maintained an eye-catching notice board promoting entertainment programme
- Actively interacted with the guests, maintained exceptional levels of PR
- Ensured all parents and/or guardians fill in the registration form for their childrencorrectly, containing the history of the child
- Ensured all Rope Course and Kids Club equipment is well organised, cleanedand properly maintained.

October 2020 - October 2022 - Recreation Supervisor at Tennis & Country Club, Fujairah, UAE - United Arab Emirates, (Health Club)

Duties included:

Recreation Supervisor/Fitness Instructor (Acting Head Of the Department Tennis & Country Club)

- Works with the team to maintain a warm, welcoming and friendly atmosphere,ensuring guest courtesy is to the highest standards at all times
- Executes daily opening and closing responsibilities according to brandstandards
- Manages and process purchase requests in Recreation Department
- Responsible for basic budgeting tasks such as monitoring expenses andpreparing financial reports for the department
- Keeps management informed with all members, staff and program issuesWorks closely with the marketing team to coordinate and implement revenuegenerating campaigns for the fitness centre
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- Provided proper fitness exercises, warm up, stretching; guidance on using gymtools and equipment; and perform fitness class
- Facilitated team building for corporate groups and hotel guest
- Created plan and facilitated activities and also special event like kids carnivals
- Created safe environment for all children attending the teens and kids club
- Maintained the daily operation of the ropes course within the guidelines ofStandard operating procedures
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November 2015 - March 2020 - Animator | Rope Course Instructor | Fire PerformerTeam Leader In-Charge (Animation, Kids Club & Rope Course) at Le Meridien Al Aqah Beach Resort , Fujairah , UAE - United Arab Emirates, (5 Star Hotel Spa)

Duties included:

- Operated and presented a varied daytime and evening activity programme
- Ensured that the content and rendering of entertainment is professional andnon-offensive to the audience.
- Ensured that all props, leads, electrical equipment and other stage sets are safe,and that no walkways, exits or entries are blocked by the entertainers’equipment or the process of the entertainments
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December 2013 - April 2015 - Fitness Professional at Max Life Gym, Dubai, UAE - United Arab Emirates, (Health Club)

Duties included:

- Ensured the safety and injury of the members through implementation ofprevention policies and procedures
- Regularly checked the status of gym machineries and equipmentPerformed first aid medication during any mishap in the fitness class
- Ensured that gym area is well organised, cleaned and hygienic
- Provided proper fitness exercises; taught various exercises, toning and stretching;guidance on the proper use of gym tools and equipment
- Listened to clients to find out personal fitness goal, and then develop an exerciseprogram, tailored workouts to set & achieve their fitness targets

Career Break - Job hunting

Education and Qualifications:

2025 NCBTMB Approved Provider Mark Perren-Jones Spa Training Academy

Certified Deep Tissue Massage

Deep Tissue Massage

2024 NCBTMB Approved Provider Mark Perren-Jones Spa Training Academy

Certified

Hawaiian - Lomi Lomi Massage

2006 Southern Luzon State University

Midwifery

Product Training:

April 2025 Therapeutic and Scientific Body Massage

TESDA Quezon

Therapeutic and Scientific Body Massage course

**January
2025**

Deep Tissue Massage

NCBTMB Approved Provider Mark Perren-Jones Spa Training Academy

(10 Sur, Cozumel, Quintana Roo, 77600)

completed 5 CEU credits of continuing education in Deep Tissue Massage

**December
2024**

Hawaiian - Lomi Lomi Massage

NCBTMB Approved Provider Mark Perren-Jones Spa Training Academy

(10 Sur, Cozumel, Quintana Roo, 77600)

completed 5 CEU credits of continuing education in Lomi Lomi Massage

**September
2022**

Babysitter Lessons and Safety Training

SOL

Occupational Safety Training

Saving Our Lives

Dubai, UAE

Babysitter Lessons and Safety Training Course

**August
2020**

YMCA Level 3 Diploma in Personal Training

Impact - British Training Solution

Dubai, UAE

Fitness Course for Level 3

**February
2009**

Massage Therapist NC II

Tesda - Technical Education And Skills Development Authority

National Certification for level 2 for massage therapies

Vocational Qualifications

- Basic Life Support
- AED
- Basic First Aid
- Massage Courses
- HIIT Course
- Personal Trainor
- Babysitting
- Fire Marshall

Hobbies and Interests

- Resistant Training
- Cardio Training
- Fire Performer/ Dancer
- Sports & Kids Club animator
- Event Programmer / Planner
- Rope Course Instructor (wall climbing, zip line, etc.)
- Coffee Portraits- Painting (artistic)

CV created at www.spastaff.com

