

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 Trainer
 - 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

- doctor performed internal examination during labor
- Sutured perineal lacerations under the supervision of a doctor in case of emergency, IV insertion and administers parenteral medication per doctor'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 with appropriate intervention for urgent/emergent care. Carried out screening tests
- Provided information, emotional support and reassurance to the patients Took patient samples, vital signs and blood pressures Carried for and assisting women in labour
- Monitored the foetus during labour Identified 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 brand standards
- Manages and processes purchase requests in Recreation Department
- Responsible for basic budgeting tasks such as monitoring expenses and preparing financial reports for the department
- Keeps management informed with all members, staff and program issues Works closely with the marketing team to coordinate and implement revenue-generating campaigns for the fitness centre
- Responsible for maintaining the swimming pool, gym facilities and spa area and ensuring that they are maintained and kept in member/guest ready condition Oversees recreation ambassadors holding them to established performance standards and excellent customer service
- Assists all colleagues within the department by helping them to develop in their role and encourage them with their self-development
- Responsible for scheduling according to the staffing guide Responsible 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 and non-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 gym tools and equipment; and perform fitness class
- Facilitated team building for corporate groups and hotel guests
- Created plans and facilitated activities and also special events like kids carnivals
- Created a safe environment for all children attending the teens and kids club
- Maintained the daily operation of the ropes course within the guidelines of Standard operating procedures
- Ensured Rope Course/Kids Club rules and regulations are enforced at all times. Responded to emergency situations and administers and coordinates emergency first 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 children correctly, containing the history of the child
- Ensured all Rope Course and Kids Club equipment is well organised, cleaned and 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 brand standards
- Manages and processes purchase requests in Recreation Department
- Responsible for basic budgeting tasks such as monitoring expenses and preparing financial reports for the department
- Keeps management informed with all members, staff and program issues Works closely with the marketing team to coordinate and implement revenue-generating campaigns for the fitness centre
- Responsible for maintaining the swimming pool, gym facilities and spa area and ensuring that they are maintained and kept in member/guest ready condition Oversees recreation ambassadors holding them to established performance standards and excellent customer service
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self development

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- Provided proper fitness exercises, warm up, stretching; guidance on using gym tools 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 of Standard operating procedures
- Ensured Rope Course/Kids Club rules and regulations are enforced at all times. Responded to emergency situation and administers and coordinates emergency first aid as necessary
- Maintained an eye-catching notice board promoting entertainment programme
- Actively interacted with the guests, maintained exceptional levels of PR
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- Ensured all Rope Course and Kids Club equipment is well organised, cleaned and properly maintained.

November 2015 - March 2020 - Animator | Rope Course Instructor | Fire Performer Team 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 and non-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 gym tools 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
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- 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 children correctly, containing the history of the child
- Ensured all Rope Course and Kids Club equipment is well organised, cleaned and properly maintained

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 of prevention policies and procedures
- Regularly checked the status of gym machineries and equipment
- Performed 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 exercise program, 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 Trainer
- 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

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