

Curriculum Vitae

Female

D.O.B. 25 March 1992

Number of years working in industry:

8 years 10 months



Candidate ID Number: 186402

Nationality: Sri Lankan

Language Skills:

Good: English

Basic: German

Permitted to work in: Sri Lanka

Position Sought: Fitness Professional

Personal Statement

My future plan to be a professional instructor with all levels sports, fitness and yoga

Be a good positive motivator for others physically and mentally

Seeking work in international locations

Employment History:

April 2017 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Negombo, Sri Lanka, (High Street Store)

Duties included:

- Assess clients fitness level.
- Create personalized fitness plans.
- Demonstrate exercises.
- Motivate and support.
- Monitor progress.
- Provide nutritional advise.
- Ensure safety and hygiene.
- Lead group classes.
- Stay updated.
- Handle administrative.

Education and Qualifications:

2025 Imbs green campus gampaha srilanka

Stillnot finished

diploma in Psychology

2022 Ashtanka yoga mandir colombo

certified with Diploma level

Hatha yoga diploma

2019 national institute of sports science colombo

Certified with NVQ level 4

- Fitness trainer with NVQ level 4

2019 national institute of sports science colombo

Certified with NVQ level 4

- Fitness trainer with NVQ level 4

2011 Avemariaconvent

GCE A/Ls Commerce stream

Economics C

General English C

Accounting S

B.Statistics S

GCE O/Ls

English A

Mathamatics A

Roman catholic A

Sinhala B

Science B

Information technology B

Dancing B

Geography B

History C

Vocational Qualifications

First aid

IT skills

Hobbies and Interests

- Cycling
- yoga
- dance
- reading
- Knitting

CV created at www.spastaff.com

SPA STAFF. COM
