

# 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 advice.
- Ensure safety and hygiene.
- Lead group classes.
- Stay updated.
- Handle administrative.

## Education and Qualifications:

**2025 Imbs green campus gampaha srilanka**

Still not 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

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Certified with NVQ level 4

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## **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](http://www.spastaff.com)

