

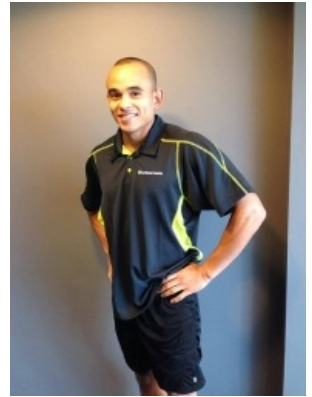
# Curriculum Vitae

Male

D.O.B. 14 November 1989

Number of years working in industry:

12 years 10 months



**Candidate ID Number:** 19498

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Spa Director, Spa Manager, Assistant Manager, Fitness Professional

## Personal Statement

I'm a dedicated pro-active and energetic fitness professional with the determination to succeed in all tasks and challenges. I describe myself as confident, bright and enthusiastic, I have the ability to build trust, team spirit and develop relationships with others at all levels. I possess excellent communication skills with the ability to achieve set goals and targets. I'm adaptable with a flexible, creative approach. As well as being highly organised I also possess a responsible and reliable attitude towards everything undertaken. I'm reliable and punctual with a very high level of integrity. My main focus in life is to become successful through helping others understand how fitness, health and nutrition are important to lead a healthy balanced life.

## Employment History:

**November 2013 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) England - Stoke City, UK - United Kingdom, (Health Club)

### Duties included:

I currently work full time in one of Stoke City's most luxurious health clubs. My duties involve delivering classes such as Circuit training, Boxercise and spinning as well as designing programmes for members and conducting Personal Training sessions for my clients.

**July 2013 - November 2013 - Fitness Professional** at Steiner Leisure, USA MIAMI, (5 Star Hotel Spa)

### Duties included:

I was solely responsible for the running of the whole of the fitness centre. I worked around 70 hours per week which consisted of 14 hour days and 6 days per week. I planned and organised my own schedule in regards to the class times, days off, seminars, Personal Training, bookings, sales, marketing, promotion, retail and consultations. I delivered various classes such as Spinning, Yoga, Pilates, Bootcamp, Circuits and Personal Training, I also delivered seminars and Body Composition analysis tests.

### Products worked with:

Elemis, Goodfeet.

**March 2013 - June 2013 - Fitness Professional** at Pure Gym, England - Stoke City, UK - United Kingdom, (5 Star Hotel Spa)

### **Duties included:**

Here I took my first steps as a Personal Trainer. I quickly adapted to the role and realised that helping people achieve their goals was just as fun for me as reaching my own. I experimented and studied different training approaches and it didn't take me long to realise that individual people react differently to different training styles and techniques. I learnt to tailor make nutrition and exercise programmes to suit each individual. Day to day I was on the gym floor interacting with members trying to find out more about them and build rapport whilst improving my own interpersonal skills at the same time.

**June 2012 - December 2012 - Royal Marine** at Royal Navy, England - Stoke City, UK - United Kingdom, (Health Club)

### **Duties included:**

I spent 6 months in recruit training at CTCRM which is the Commando Training Centre for the Royal Marines located in Devon. Here I learnt many transferable skills. All of the tasks we did in the Royal Marines were done at 100%. We were always required to carry out tasks as fast as possible. Everything we task we completed was time limited, even the smallest things such as changing our clothes or eating our dinner. I got to work with people from all over the world, which was something that I really enjoyed. It helped me better my understanding of cultures from different parts of the world. Over the months I spent there I managed to develop an outstanding level of discipline, great time keeping skills and a robust fitness level. All of which are things that will serve me well in a fitness orientated job outside of the military.

## **Education and Qualifications:**

### **2013 Royal Life Saving Society**

Certificate

Royal Life Saving Society Certificate in Lifeguarding

### **2013 Royal Life Saving Society**

Certificate

Royal Life Saving Society CPR/First Aid/AED

### **2013 Pilates For Professionals**

Certificate

. Pilates For Professionals Mat Based Certificate In Instructing Pilates

### **2013 Steiner Training Academy**

Certificate

. The Steiner Training Academy Certificate Certifying The Completion Of 4 Weeks Of Intense Training At Fitness Business School Studying Marketing And Self Promotion, Retail, Customer Service, Fat Loss, Detox, Postural Analysis, Body Sculpt Boot Camp And Tour De Cycle ( An Indoor Based Version Of The Tour De France)

### **2013 Yoga For Professionals**

Certificate

. Yoga For Professionals Mat Based Certificate In Instructing Yoga

### **2013 The Training Room**

Certificate

. Training Room Certificate In Circuit Training

### **2013 Active IQ**

Diploma

. Active IQ Level 3 In Personal Training

### **2013 The Training Room**

Certificate

. Training Room Certificate In Spinning

### **2013 Active IQ**

Diploma

- . Active IQ Level 2 In Fitness Instructing

### **2013 The Training Room**

Certificate

- . The Training Room Certificate In Sports Nutrition

### **2013 The Training Room**

Certificate

- . The Training Room Certificate In Gym Based Boxing

### **2006 Sir Thomas Boughey High School**

GCSE's;

- . English - B
- . Mathamatics - B
- . Sports Studies - A
- . Science - C
- . History - C
- . Business Studies - B
- . 4 GNVQ's In ICT

### **1950 Manchester Metropolitan Football Academy**

## **Product Training:**

### **July 2014 Elemis**

Watford England

Elemis skin care and body care products.

## **Hobbies and Interests**

I have a massive interest in sports and love working out. I competed in football at the highest level as a youth playing for Manchester Metropolitan's Academy. I also practice Boxing regularly and various Martial Arts such as Kung Fu and Muay Thai Boxing. I enjoy traveling, reading and astrology.

CV created at [www.spastaff.com](http://www.spastaff.com)

