

Curriculum Vitae

Female

D.O.B. 29 July 1989

Number of years working in industry: 15 years 2 months

Candidate ID Number: 19811

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish

Permitted to work in: UK - United Kingdom

Position Sought: Assistant Manager, Fitness Professional, Lifeguard

Personal Statement

I am a confident and physically active person. My passion for helping people achieve and maintain their fitness and healthy lifestyle goals is what gets me up and working everyday. I enjoy meeting new people and sharing their goals and finding new ways to help them achieve this. I have great communication and love being verbally social with all members of the gym.

Seeking to work in the UK, International Locations and Cruise Ships

Employment History:

December 2010 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Cheltenham, UK - United Kingdom, (College)

Duties included:

In my current role, I work within a Ladies' sports centre as a fitness instructor and recreation assistant. My duties are currently split between, amongst other tasks, lifeguarding and undertaking fitness inductions. Other duties include, attending to day-to-day cleaning within the sports centre, undertaking receptionist duties and also supervising other staff members when on duty. During my time working at the centre my duties have expanded and responsibilities have increased. I have also qualified as a Level 2 REPs Gym Instructor and Level 3 REPs Personal Trainer.

Education and Qualifications:

2010 University of Gloucestershire

BSc Sports and Exercise Studies

2009 University of Gloucestershire

Foundation Degree - Sports Coaching and Development

Personal Training Level 3

Fitness Instructor level 2

2007 St Anthony's College

GCSE:

Maths - C

English - C

Spanish - C

Physical Education - B

Business Studies - D

AS Level

Travel and Tourism - C

ICT - C

A-Level:

Physical Education C

Vocational Qualifications

First Aid at Work c

Oxygen and Defibrillator qualified

Hobbies and Interests

I am a very physically active person. I enjoy taking training for and playing all sports but football is my main passion. I enjoy going out on my bike cycling and exploring different areas of my town. When the weather is not great for being outside i can often be found in the gym, keeping up my fitness and practising what i preach to my clients.

I love socialising, meeting new people and sharing and exploring their passions and enthusiasm for life.

CV created at www.spastaff.com

