

# Curriculum Vitae

**Male**

**Number of years working in industry:**

**21 years 9 months**



**Candidate ID Number:** 20501

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher

## Personal Statement

I am honest, loyal and easy going with a great sense of humour. A laidback individual but with a tremendous work ethic and a desire to experience the freedom to travel and meet new and interesting people while developing my true self.

I am extremely motivated to build my business connections and learn new skills and to make my work as intrical a part of my life as possible so that I never have to consider work a chore.

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

## Employment History:

**January 2013 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) Welwyn Garden City, Herts, UK - United Kingdom, (Health Club)

### Duties included:

Reformer Pilates and Group Fitness Instructor. I write and execute my own lesson plans to intimate group classes. The fitness classes include equipment such as TRX, Kettlebells, Dumbbells, Barbells, Stability Balls, Resistance Bands, etc. I also work as a freelance personal trainer, delivering 1:1 sessions between classes. My main areas of expertise are posture correction, weightloss, strength and conditioning, nutrition.

**October 2010 - Present - Fitness Professional** at Self Employed, Harlow, Essex and Welwyn GC, Herts, UK - United Kingdom, (Home/Mobile)

### Duties included:

I initially worked freelance as a personal trainer and ran my own circuit training and bootcamp classes, including a bootcamp for children aged 9+.

Now I am based at a Centre and deliver 1:1 pilates, personal training and nutrition consultations between classes.

**May 2004 - January 2013 - Swim / Aqua Fit Teacher** at Harlow Council, Harlow, Essex, UK - United Kingdom, (Health Club)

### Duties included:

Cleaning, supervising specialist activities, cash handling, team management and, of course, teaching swimming to

children and adults of all age groups and abilities, including special abilities groups.

I worked at Harlow Townen Pool as a lifeguard and swimming instructor up until the centre was closed down and then I went freelance as a swimming instructor for a year before becoming duty manager and swimming instructor at another local authority pool.

## **Education and Qualifications:**

### **2014 The Wellness Centre**

CPD

Wellness Tower and Cadillac Pilates

### **2014 Higher Nature**

BANT/CPD

Higher Nature Academy Digestive Health/Nutritional Therapy

### **2013 Dean Somerset**

CPD

Post Rehab Essentials

### **2013 RLSS**

National Pool Lifeguard Qualification

RLSS NPLQ

### **2013 The Wellness Centre**

CPD

Wellness Circuit Training and Bootcamp

### **2013 The Wellness Centre**

Diploma level 1 and 2

Wellness Reformer Pilates Academy

### **2011 Future Fit Training**

Level 3

Exercise For Ultimate Fat Loss

### **2010 Future Fit Training**

Level 3

Future Fit Professional Personal Trainer Diploma (gym instructor, advanced instructor, circuit training, core stability and torso training, nutrition for weight management, nutrition for exercise and performance)

### **2006 ASA**

Level 2

ASA Level 2 Swimming Instructor

### **1991 Harlow College**

BTEC First Diploma Art and Design (equivalent to 5 GCSEs)

### **1989 Burnt Mill Comprehensive**

GCSE C or above in English Language, English Oral, Art and Design

## **Hobbies and Interests**

Swimming, cycling, running, working out, surfing, snowboarding, kayaking, walking/hiking, yoga, meditation, reading, writing/blogging, watching films, socialising, cooking, listening to music and going to gigs and performances. I pretty much like anything fun and active but also enjoy quiet time and have a keen thirst for knowledge.

