

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 ata 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, cassh 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 Town 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.

