

Curriculum Vitae

Male

D.O.B. 26 March 1981

Number of years working in industry: 18 years 4 months

Candidate ID Number: 20820

Nationality: British

Language Skills:

Fluent: English

Basic: sign language BSL

Permitted to work in: UK - United Kingdom

Position Sought: Assistant Manager, Fitness Professional

Personal Statement

I would say my best quality is understanding. I've worked with a wide range of people from service men/women to managing directors to teenagers. Without understanding and patience you can't get the best out of people.

I like to think I'm very adaptable, which means I can work in all situations effectively.

Seeking to work in the UK and International Locations

Employment History:

August 2012 - Present - Fitness Professional at (most recent employer hidden for confidentiality) wolverhampton, (Health Club)

Duties included:

- Currently working as a freelance fitness professional, delivering fitness class such as, circuits, indoor/outdoor bootcamp, legs bums and tums. abs circuit.
- I also specialise in rapid fitness transformation training, working with clients on a one 2 one bases or small private groups. delivering 30 min, 1 hour and 1:30 sessions
- other duties include consultations, fitness assessments, training program development, mentoring

October 2011 - August 2012 - Fitness Professional at The Village Hotel, Walsall, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

- Deliver all various elements of the Perfect Fit programs, full member interaction and fitness assessments , as well conducting Personal Training, Life Guard attendant.
- Gym safety maintenance and cleaning duties

Products worked with:

- optimum nutrition

February 2011 - October 2011 - Fitness Professional at United Nations , Nicosia, Cyprus , (Health Club)

Duties included:

Working with, and training, a variety of multi-national military peacekeeping forces and the UN police force. building up and maintaining the level of fitness of serving soldiers, though the use of a variety of Circuit Training, Endurance Runs, Loaded Marches as well as Assault Courses.

September 2007 - January 2011 - Fitness Professional at British Army , United Kingdom, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

- Look after the fitness well-being of all the soldiers and officers within the regiment. This was done with classes ranging from circuits, endurance running, assault courses.
- Develop fitness levels for soldiers and officers deploying on operations around the world
- Work with recruits wanting to join the arm and getting them fit to pass the basic fitness tests.
- General gym duties, lesson planning, working with rehab soldiers, gym maintenance, cleaning duties.

Education and Qualifications:

2011 rlss

NVQ

- Education: UK sovereign base, Dhekelia

Duration: June 2011

Course Title: RLSS National Pool Lifeguard Qualification

Qualified to depth of 2.1 meters and with the use of a Spine board

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2008 Royal School of Physical Training

NVQ

Education: Army School Physical Training

Duration: October 2008

Course Title: Physical Training Instructor, TA PTI (B), (NVQ Level 2)

As a keen fitness enthusiast, I was given the great opportunity to enhance my knowledge of fitness training as well as gain a better insight into the human body and the way it functions by attending the Physical Training Instructors course.

2007 University of Wolverhampton

Higher diploma in Fine Art and Photography

Vocational Qualifications

nvq level 1 in safeguarding

nvg level1 in youthwork

Hobbies and Interests

My hobbies are my passion, health and well-being. If i'm not working with clients or classes then I'm writing about fitness and I publish them on my website and other fitness related sites.

Recently I have been looking in to the psychology side of well-being, and trying to understand why people do and do not workout and understand behaviour patterns related to eating habits. I strongly believe that without a health mind you can't truly have a health body.

