

Curriculum Vitae

Male

D.O.B. 27 August 1987

Number of years working in industry:

1 year 10 months



Candidate ID Number: 21363

Nationality: British

Language Skills:

Basic: Welsh

Permitted to work in: UK - United Kingdom

Position Sought: Assistant Manager, Fitness Professional, Area Sales Representative, Membership Sales Professional

Personal Statement

I am a highly driven and motivated individual having completed 6 years service in the Royal Air Force and participating in overseas detachments and operations as well as a range of voluntary adventure training courses.

I have a hunger for success and a keen passion for learning. I have personally funded and travelled to America in order to attend 4 seminars with Anthony Robbins on personal development in order to learn the tools and strategies necessary to make myself the best person I can possibly be.

Seeking work in the UK, International Locations and on cruise ships

Employment History:

September 2012 - July 2014 - Fitness Professional at (most recent employer hidden for confidentiality) Gorseinon, UK - United Kingdom, (Health Club)

Duties included:

- Working with clients on a personal and holistic level to help them achieve their health, fitness and wellbeing goals.
- The utilisation of lifestyle and fitness assessments to identify a client's current position in order to create a unique and effective plan for them.
- Developing tailor made training and nutrition plans for clients based on assessment outcomes.
- Educating clients with information to optimise physical performance and health by providing them with the specific health and nutritional principles for them to create long term lifestyle changes rather than short term fixes.
- Identifying and helping a client to overcome their physical, emotional and mental barriers by combining aspects of NLP (Neuro Linguistic Programming) and Life Coaching into Personal Training sessions.
- Providing ongoing support and assessments to ensure the customer/client journey exceeds expectations.
- Responsible for the planning and delivery of weekly exercise classes with up to twenty members during each class.

Products worked with:

Forever Living Products

Education and Qualifications:

2014 Fitness Industry Education

Level 2 Certificate (QCF)

Gym Instructor

2012 Fitness Industry Education

Level 3 Certificate (QCF)

Personal Training

2011 Martinsell Centre

Certified Practitioner

Certified Practitioner of Neuro Linguistic Programming

2011 Ofqual

ITEC Level 3 Diploma

Anatomy, Physiology and Pathology.

2005 Maes Yr Yrfa

GCSEs:

- Mathematics B
- Science (Double Award) B
- Welsh Language B
- English Language B
- Welsh Literature A
- English Literature A
- Physical Education B
- Geography C
- Design and Technology A
- Religious Education C

AS Level:

- English Literature C

A Level:

- Design and Technology C

Vocational Qualifications

- A License Skydiving
- B License Skydiving
- Silver Duke Of Edinburgh Award
- Elementary Paragliding Pilot
- European Computer Driving Licence.
- BCS Level 2 Certificate in IT user skills (ECDL Extra).
- Understanding Management Course (Open University).
- So You Want To Be A Manager Course (Defence Academy).
- Level 2 Key Skills - Communication, Application Of Number, Working With Others, Improving Own Learning and Performance.

Hobbies and Interests

Holistic health and fitness, functional training, strength training, skydiving, yoga, personal development, outdoor adventures, reading, travelling, retreats, cooking, listening to audio books, learning.

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