

Curriculum Vitae

Female

D.O.B. 15 January 1983

Number of years working in industry:

12 years 8 months



Candidate ID Number: 22294

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish

Permitted to work in: UK - United Kingdom

Position Sought: Yoga / Pilates Teacher

Personal Statement

"The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience."

~Eleanor Roosevelt

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

Employment History:

September 2014 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Cornwall, UK - United Kingdom, (Home/Mobile)

Duties included:

Building a client base through above and below advertising methods in an area I was new to.

Client administration, keeping in code with data protection and Par-Q registration

Researching and renting venues to teach in

Creating lesson plans for students

Teaching classes

Working with a range of ages and abilities

Giving health and wellbeing advice

Budgeting my own accounts as self employed

Order stock and material for classes

Managing class timetable

Managing promotional and advertising campaigns

January 2013 - April 2014 - Fitness Professional at Penzance Leisure Centre, Penzance, Cornwall , UK - United Kingdom, (Health Club)

Duties included:

Teaching street dance and cheerleading classes to members of Penzance Leisure Centre

Teaching children to young adults.

Lesson planning

Class timetable management

Promotion and advertising

Education and Qualifications:

2014 Still Flowing Yoga

Still Flowing Yoga, US Yoga Alliance, European Yoga Alliance approved RYS 200 Hrs yoga qualification

200 hr Yoga Teacher Training

2013 GXT Training

Level 3 Anatomy & Physiology Health and Safety Unit Hot Yoga Assessment

Hot Yoga Teacher Training

2011 Innervate Training

Level 2

Exercise to Music Qualification

1996 Exeter Collage

A-Level

B - Dance

C - Drama

C - Photography

1994 South Dartmoor CC

12 G.C.S.E's

Including C for Maths, English & Science

A - Dance, Drama, Music

Vocational Qualifications

First Aid

Padi - Open water scuba diving

Proficient on all Microsoft packages

Administration, Office Manager, Event Organiser, Account/Project Manager experience

Hobbies and Interests

Dance, spiritual reading, travel, socialising.

CV created at www.spastaff.com