

# Curriculum Vitae

**Female**

**Number of years working in industry:**

**18 years 5 months**



**Candidate ID Number:** 22441

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish, French

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

**Position Sought:** Spa Manager, Assistant Manager, Fitness Professional, Yoga / Pilates Teacher

## Personal Statement

My current life goals are to spread the joy of yoga to as many people as possible, it changed my life and i love teaching this to others.

Seeking to work in International Locations and Cruise Ships

## Employment History:

**March 2014 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) Freelancer, UK - United Kingdom, (Health Club)

### Duties included:

Freelance yoga instructor teaching 5-6 classes per week with numbers ranging from 5-25.

Teaching Ashtanga yoga beginners through to advanced

**February 2012 - Present - Assistant Manager** at Nuffield Health, London, UK - United Kingdom, (Health Club)

### Duties included:

Managing a team of 10 staff, for training and development. Daily operations, health and safety, rota, budgets, marketing and retention, sales and memberships.

**September 2007 - October 2014 - Fitness Professional** at Fitness First, Southampton, UK - United Kingdom, (Health Club)

### Duties included:

Fitness testing and programming, performing health assessments, teaching group exercise classes to include, aerobic, boxercise, body pump, circuits and LBT. Marketing and promotions of the gym and activities, and monthly reporting.

A ladies only facility. sales and marketing were a big aspect of this job to include making calls, handing out flyers and doing outreach events.

**February 2011 - February 2012 - Health Trainer** at Mytime active, Cambridge, UK - United Kingdom, (Hospital /

Medical Clinic)

**Duties included:**

Running health trainer sessions at a GP practice, assisting with health assessment and implementing food and exercise diaries for patients. Running workshops and small exercise sessions in the local community.

Building relationships with community groups, schools, GPs and local sport development officers.

**Career Break** - Traveling

**October 2009 - April 2010 - Fitness Professional** at Nuffield Health, Reading, UK - United Kingdom, (Health Club)

**Duties included:**

Fitness testing and programming, performing health assessments, teaching group exercise classes to include, aerobic, boxercise, body pump, circuits and LBT. Marketing and promotions of the gym and activities, and monthly reporting.

**April 2009 - October 2009 - Fitness Professional** at Neilson Active Holidays, Greece, Greece, ( Hotel Spa)

**Duties included:**

Running the group exercise and activity timetable. Attending welcome events and guest interaction evenings. Adhering to the customer feedback targets and policies. Teaching classes ranging from aqua, aerobics, fitball, morning runs, sea swims and triathlon events

**September 2008 - April 2009 - Fitness Professional** at Nuffield Health, Reading, UK - United Kingdom, (Health Club)

**Duties included:**

Fitness testing and programming, performing health assessments, teaching group exercise classes to include, aerobic, boxercise, body pump, circuits and LBT. Marketing and promotions of the gym and activities, and monthly reporting.

**Education and Qualifications:**

**2008 Southampton solent university**

BaHons Health and fitness management

200 hours Yoga teacher training, Meditation, ashtanga yoga, hatha yoga, pranayama

Level 2 Gym and group fitness instructor

**2005 Prospect Technology College**

A level Physical Education B

AVCE Leisure and recreation BC

**Vocational Qualifications**

First aid at work, padi open water diver, level 1 windsurfer, NPLQ lifeguard

**Hobbies and Interests**

Yoga and travelling are my biggest passion, however i love to bake. I bake all the time for my friends. I love cycling around London to parks and markets and one of my biggest passions is going to festivals around the world such as Rhythm and vines in New Zealand, Burning Man in America and Benicassim in Spain.

