

# Curriculum Vitae

Female

**Number of years working in industry: 9 years 4 months**

**Candidate ID Number:** 26542

**Nationality:** British

**Language Skills:**

Fluent: English, Slovak, Czech

Good: Russian, Arabic

Basic: German, Spanish

**Permitted to work in:** Slovakia, Saudi Arabia, UK - United Kingdom

**Position Sought:** Spa Manager, Spa Co-ordinator, Assistant Manager, Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher

## Personal Statement

I am already in Saudi Arabia teaching at university. The school ends on 31 May after which I will be free till the end of August, i.e. for 3 months.

I would like to spend those 3 months as a Pilates and Yoga Instructor. The Health Club would have someone to be able to start teaching almost immediately and with no obligations (contract, flight ticket, insurance, iqama, etc.), apart from accommodation. In the meantime they can look for a longterm instructor. And if I prove my qualities and they want to employ me in the future, my current contract ends at the beginning of 2019 when I could join them.

I have 10 years of experience teaching Pilates to young and old, fit and unfit, children and the elderly, top athletes and the pregnant, new mothers, men and women. I teach both mat and Reformer, group classes and one-to-one. I am a certified yoga and swimming instructor, too. I have all the original certificates here with me. I can teach in Arabic, too. I also have managerial experience.

Apart from my Pilates and Yoga teaching, I had an exciting career in Media and Broadcasting (producer in BBC World Service), PR, Communication, Engagement, Training, and Coaching for Personal Performance. At present, I teach all forms of Pilates, including mat, Reformer, Chair and Cadillac, as well as various small equipment. I am also managing a small team of Pilates instructors in a private practice (rehamoon.sk). For the advertised position, I believe I meet all the criteria both managerial and fitness ones. I am totally excited at the prospect of being able to draw on all my professionalism and expertise in all the relevant aspects of the job, along with working in different languages I can speak. I believe I am the right person to inspire people, especially women, and give them energy and motivation for exercising, especially as I have been keenly following the developments in the body science, be it fitness, nutrition, DNA testing, and postural issues.

Seeking work in Saudi Arabia

## Employment History:

**November 2008 - March 2018 - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality)  
London, and Bratislava, UK - United Kingdom, (Health Club)

### Duties included:

I qualified in Pilates Level 3 in 2008 in London, in a 2-year course which also included anatomy and physiology, biomechanics, muscle and posture assessment, nutrition and personal training. Since then, as a Pilates instructor as well as a Personal Performance Coach, I have worked with different kinds of people, including athletes, teenagers, children, pregnant women, the elderly, the injured, and various nationalities. As I gathered experience, I would take many workshops to keep up with the speedy development of the body science. These included Stott Pilates, Pilates with small equipment, Body mechanics and kinetics, functional movement, Reformer, using Pilates in physiotherapy, and others. I have noticed that the majority of injuries and pain is caused by incorrect posture and misalignments, and my professional interest was developing towards rehabilitation Pilates, helping people recover from injuries and pain. As such, after a strict test I was admitted to a private clinic <http://www.rehamoon.sk/> offering rehabilitation care by means of Pilates Medical based on Stott Pilates. I lead one-on-one treatments as well as group classes. I find my work with people suffering from various musculoskeletal conditions and taking them along the path to recovery immensely satisfying. Moreover, having suffered from a debilitating spinal injury myself and fully recovered through Pilates, I am a

deeply empathic teacher who feels their pain.

As for languages, apart from perfect English, Slovak and Czech, I also speak Arabic and Russian. I can also brush up on my German, if need be. I believe that my 9-year practical Pilates experience, personal understanding of injury and pain, and a great passion for constantly evolving body science, makes me an ideal addition to your team of therapists.

I would be looking forward to the new challenge of working in a new environment. It would be a great honour to work for a clinic like yours, and I would give my all to offer top service to the clients.

### **Products worked with:**

Rehabilitation/Physiotherapy equipment: the Cadillac, the Reformer, the Chair, Foam Blackrolls, Terra bands, soft balls, medicinballs, free weights, Reformer, Cadillac, DNAFit, etc.

**September 2016 - September 2016 - Yoga / Pilates Teacher** at Riseday , the Danube - Germany, Austria, Hungary, Slovakia, (Cruise Ship)

### **Duties included:**

Pilates and Yoga classes on a daily basis. General fitness advice. Nutrition advice. Muscular assessment. Postural assessment and correction.

**Career Break** - Continuing working at Pilates Medical

## **Education and Qualifications:**

**2008 CiltyLit, London. Sivananda Yoga Vedanta Center, London.**

OCR Pilates Level 3 Yoga Siromani, 500 hours

- Fitness Professional/Pilates OCR Level 3 (equivalent to REPS 3), CitiLit, London, UK
- Yoga Siromani, Yoga Teacher' s Training, Val Morin, Canada
- Personal Performance Coach, Coaching Academy, UK, in progress.
- DNA Fit Trainer, Nutrition and Fitness Training based on the DNA test, London, UK
- Blackroll Trainer, Bratislava, SK
- 'OOV-DaVinci Code' trainer
- Sports Nutrition Certificate, London, UK
- Muscular Assessment for Professional Instructors, London, UK
- Training the Trainers, BBC, London
- B.A. in English and Arabic Studies, FF UK, Comenius University, Bratislava.
- M.A. in History, Slippery Rock University, PA, USA
- TEFL Certificate

## **Vocational Qualifications**

First Aid, Volleyball, Swimming, IT skills, Communication, Media Training, PR, Proof-Translating / Interpreting, M.A. in history, Coaching for Personal Success (Coaching Academy), Broadcasting, Training the Trainers, DNAfit consultant.

## **Hobbies and Interests**

Hiking, dancing, literature, music, history, philosophy, sufism, cycling, playing the Gardening, cooking, clothes-mending, knitting, doing yoga, marathon swimming, travelling, reading, writing, cycling, mountaineering.

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