

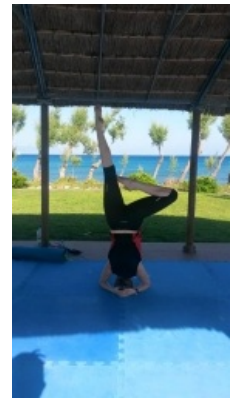
# Curriculum Vitae

**Female**

**D.O.B. 07 March 1992**

**Number of years working in industry:**

**12 years 5 months**



**Candidate ID Number:** 27561

**Nationality:** British, British

**Language Skills:**

Fluent: English

Basic: French

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

**Position Sought:** Yoga / Pilates Teacher

## Personal Statement

My passion is to teach physical activities such as dance, Pilates and general exercise. I enjoy watching my clients develop their exercise skills and self-confidence throughout each session. My aims are to deliver a high standard level of service to achieve learner satisfaction. I always work at my best, with an extremely motivating, positive and genuine attitude. As an instructor I value myself to be very adaptable and consider my work, communication skills, performance practice and enthusiastic personality as my main strengths.

When it comes to my working environment I am an enthusiastic and professional individual who strives to attain good working relationships in all team endeavours but have the confidence to work independently as well. Throughout my education and work career I have always pushed myself to go the extra mile to ensure I get the best results possible. I am hard working, methodical and have good leadership skills.

I want to travel whilst doing what I love the most; teaching Pilates Mat work.

Exercise is fantastic as a part of a healthy lifestyle as keeps your mind, body and spirit in tune.

I enjoy making the most out of experiences and most importantly making sure my clients have the best service.

## Employment History:

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

### Duties included:

My duties are to deliver safe and effective exercise to all Nuffield members. I teach Pilates and Dance Aerobics. In my classes there are members with different abilities, however I cater for everyone so they get the best out of their workout.

My other job roles at Nuffield are lifeguarding and receptionist. My duties are to supervise and protect all members in the club, maintain cleanliness. On reception my duties are to greet all members and ensure I maintain a high level of customer service.

**October 2015 - Present - Yoga / Pilates Teacher** at Places for People DC Lesire, Wolverhampton, UK - United Kingdom, (Health Club)

### Duties included:

I teach Pilates at the Places for People DC three times a week. I teach to members that have different ability levels and my aim is to deliver safe and effective exercise that consists full of options to cater all in the class. I use equipment such

as; light dumbbell weights and resistance bands.

**June 2015 - September 2015 - Yoga / Pilates Teacher** at Mark Warner Holidays, Greece Kos, Greece, (5 Star Hotel Spa)

**Duties included:**

My duties were to promote my Pilates classes around the resort and at welcome meetings to guests and new arrivals of the hotel. I also taught safe and effective exercise to all guests and adapted my classes to suit all abilities. I used equipment in my classes such as; medicine ball, Swiss ball and resistance bands.

Twice a week I would deliver a 30 minute Pilates taster session for all interested guests; this was so they had an idea of what I had to offer. If guests were interested in participating in classes they would book through me and had a choice of days and times; Sunday to Friday, morning sessions; 10am - 11am, 11am - 12pm or evening sessions 4pm - 5pm, 5pm - 6pm. I also offered private tuition where days and times were chosen by them at any time other than the group slots mentioned above. Guests paid for their sessions and by the end of the season I over and achieved my sales target of 10,000 euros in just under three months and in total I delivered 280 hours plus of teaching.

When I was not teaching I would be on Viva Spa reception taking booking for Pilates sessions and treatments. I also maintained the cleanliness of the Spa and my outdoor class area.

**Products worked with:**

Elemis in Viva Salon - Mark Warner Holidays

**September 2013 - April 2015 - Community Exercise and Dance Instructor** at The Hub Ashmore , Wolverhampton, UK - United Kingdom, (Health Club)

**Duties included:**

The Hub is a community centre which has a gym, cafe and offers studio hire. Twice a week I taught dance styles; ballet and hip hop to ages 5 to 14. I also instructed high intensity circuit sessions and a stretch class to ages 16 plus once a week.

This was a great way of gaining experience for myself. After passing my group exercise level 2 qualification it enabled me to grow in confidence when teaching young people and older adults. I did this alongside my university studies.

**Education and Qualifications:**

**2016 Fit4Training, Telford Golf and Spa**

Level 3 Certificate - ActiveIQ

Level 3 Pilates Mat Work

**2015 Online Acadmies - College of Guilds Register**

Diploma

Pilates Trainer Professional

**2014 University of Wolverhampton, Wolverhampton**

Degree 2:1

Bachelors of Arts Honours Degree in Performing Arts Dance

**2010 Walsall College, Walsall**

BTEC National Diploma Certificate - Triple Distinction

Performing Arts Dance BTEC National Diploma

**2008 Wednesfield High School**

English GCSE C

Maths GCSE C

Graphics Design GCSE B

I.T GCSE Double Grade C

## Vocational Qualifications

National Pool Lifeguard Qualification - DC Leisure - Wolverhampton - 04/13

First Aid and AED trained - DC Leisure - Wolverhampton - 04/13

Group Exercise to Music Level 2 Active IQ - Telford Gold and Spa - 08/13

Customer Service NVQ Level 2 Technical Certificate and Key Skills Level 2 - Babcock International Group - Wolverhampton - 05/12

Communication Skills Level 2 City and Guilds - Walsall College - 06/09

## Hobbies and Interests

I enjoy living a healthy lifestyle by exercising regularly through Pilates, Yoga and swimming. I also have an interest in media and music. I also enjoy Volunteering in my spare time; I have been fortunate enough to work within Walsall College where I observed classes and helped choreograph dances for the students and help backstage with end of term module performance. I also volunteered at Wood End Primary School as a dance instructor for year six students. I like Volunteering as it is an opportunity to gain quality experience doing something I enjoy.

CV created at [www.spastaff.com](http://www.spastaff.com)

