

# Curriculum Vitae

## Female

**Number of years working in industry:**

**23 years 5 months**



**Candidate ID Number:** 27750

**Nationality:** British

**Language Skills:**

Fluent: English, French, Arabic

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

**Position Sought:** Fitness Professional

## Personal Statement

I have excellent communication skills, whether it is face to face or over the phone

I have very organized and efficient office skills. I learn very fast and I am

Willing to put in the extra work to learn whatever I have to in order to polish me into a more efficient person for my position or in general.

I am a people person, I love listening, I love finding out people's needs.

I love bringing peace, calm and order into a situation. I am very caring, sensitive and empathetic when it comes to people. I am trustworthy and love to work as part of a team and as well as alone.

I take confidentiality very seriously! I love working under pressure as it fuels me to be and do the best I can and pushes me to think 'outside the box'. I am very good at multitasking. I have no problems motivating myself and taking initiative.

Communication is very important to me; everything is about how you communicate!

Being organized as well as tidy is very vital to my every day life, whether it is at home

Or my work environment, I like to work with structure and order.

I am very disciplined and I love motivating others, I love bringing light into anyone or any given situation.

I am a very positive person, I see opportunity within a problem and I learn very quickly and always seeking to learn! Growth, in every aspect is very important to me, I am always finding ways to evolve and thrive.

I lead a very simple, healthy, conscious and active lifestyle, this, I take wherever I go and into whatever I do.

I am a 3-time Miami Pro Fitness & Body Building competitor, April 1st 2012 and June 2nd & 3rd 2012 and April 7th 2013. I competed in the Bikini and Fitness

categories and placed in the top 5. I devised my own nutritional and training plan to get me to a competitive 'stage' body. Competing has given me the chance to apply all the knowledge I have accumulated from all those years in the fitness industry and has polished me into a better 'coach'/ trainer. The learning never stops however; as a new client enters my life I am presented with an opportunity to learn something different, every time.

To me, being a trainer is wonderful journey I take someone into a 'self' discovery and teachings of how to better manage one's self but also a journey of my own discovery and my own better self management because all those years I have realized we can only discover our true potential through the interaction with other people.

I like to get to the core of someone's 'I CAN'TS' that hinders their weight loss, strength gains or a chance at better managing their 'self' through a healthy lifestyle.

While teaching them how to eat better according to their individual needs and move more efficiently I do my best to guide them to the strongest version of themselves!

Nutrition is a very big part of what I do; Keep it simple and 'down to earth'! No junk!

I am looking into one day completing the 'CHEK Holistic Lifestyle Program' as I have more of a Holistic approach to everything I do.

I practice what I preach and I preach what I practice!

I am a certified member of the Register of Exercise Professional.

Seeking to work in London, UK

## **Employment History:**

**September 2002 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Health Club)

### **Duties included:**

Champneys Piccadilly, (Personal Trainer/Fitness

Instructor) promoting new classes and fitness programs that would suit each clients individual needs, was in charge of the abs and back class, member tracking, doing follow up calls, was in charge of the maintenance and efficiency of the health club.

LA Fitness, (Personal Trainer/Fitness Instructor)

Designed fitness programs that would suit each clients individual needs, member tracking, up-selling recent products, maintenance and covering for reception when needed.

Power Plate International, Personal Trainer at

the power plate studio at Harrods. Designed 25 minute Group Sessions and Nutrition Plans (of a maximum of 4 people or one to one) to suit each client's individual needs, capacity and goals. Member Tracking, studio maintenance and organization, cash handling, opening and closing of department, bookings, worked with EZbook system, word and Excel, Cover time and overtime, sales, client motivation, follow up calls for prospect clients, calling inactive and lapsed clients, sales, bookings, cancelations, handling of all emails to clients or media, leafleting, designed 'special' power plate

classes for media or press, trained celebrities such as Dannii Minogue and Partner, Sinitta.

## **Education and Qualifications:**

### **2003 Premier Training And Development LTD**

Diploma in Personal Trainer and Nutritionist (NVQ Level 3)

Nutrition Specialist Diploma with Future Fit, which includes:

- . Nutrition & Weight Management
- . Nutrition for Sports & Exercise
- . Client Psychology & Motivation
- . Power Plate (Burrell Education) Post Natal Assessment & Exercise Prescription
- . Power Plate Level 1&2
- . British Red Cross First Aid
- . Strike (YMCA)
- . Premier Training and Development LTD. ANGEL, LONDON
- . Fitness Instruction/ Personal Training
- . Fitness Assessment and Health Appraisal
- . Body Massage
- . Sports Massage therapy
- . Emergency First Aid
- . Career and Personal Development
- . Computing Course at Kensington College
- . Word and Excel

### **2003 Premier Training and Development LTD**

GCSE 's: ENGLISH B - SPANISH B - BIOLOGY C - FRENCH A - MATHS C

CHEMISTRY B

A' LEVELS: FRENCH B - CHEMISTRY C

## **Vocational Qualifications**

Tennis.

## **Hobbies and Interests**

Tennis, Basket ball. Cycling. Hiking, Yoga, Dance, Reading, writing, Painting, travelling, Arts, A holistic Lifestyle, anything outdoor.

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