

Curriculum Vitae

Male

D.O.B. 01 February 1991

Number of years working in industry: 11 years 8 months

Candidate ID Number: 35966

Nationality: British

Language Skills:

Fluent: English

Basic: German, French

Permitted to work in: UK - United Kingdom

Position Sought: Fitness Professional

Personal Statement

I would say that one of the attributes that makes me stand out is that I have a passion for delivering a first class service to any customer or client that I deal with. Being a personal trainer has developed my ability to offer a very personable and professional service to each client. I have a vast array of work experience in different fields of work. In law for example, I have experience of working as a paralegal which helped me develop an advanced skill set which I can take anywhere. It developed my ability to work in a closely knit team, problem solving, excellent attention to detail and above all, developed my communication skills with a variety of clients and staff.

My most recent work experience is working in a 5* resort as a Sports co-ordinator which was an amazing experience and service to guests was obviously of major importance. My professional yet personable approach to guests allowed me to really build rapport with each and every guest who I had for the activities and sessions.

I believe the profile I have built up from my work experience and qualifications have developed me as a person and I have acquired a numerous set of skills which I can take into any working environment.

Seeking work in national and international locations and cruise ships.

Employment History:

June 2014 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Berkshire, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

- Regular personal clients all with individual specific training goals.
- Training a variety of rugby and football players for strength and conditioning.
- Training netball players for core strength and muscular endurance.
- Training beginners for weight loss regimes, strength and power.

April 2016 - July 2016 - Fitness Professional at TED Group, Aphrodite Hills, Cyprus, (5 Star Hotel Spa)

Duties included:

- Personal Training/ Fitness classes - boot-camp, circuit training, aqua aerobics
- Coached sports in a 5* resort including football, tennis, archery, table tennis, quik cricket, tag rugby. 6 days a week.
- I oversaw the daily running of the sports activities and personal training to hotel guests, providing a 5* service
- Responsible for maintenance of facilities and equipment

Education and Qualifications:

2016 Drummond Education, Maidenhead, United Kingdom

Diploma

Personal Training and Fitness Instructor

2013 Oxford Institute of Legal Practice, United Kingdom

Diploma

Postgraduate diploma in law

2012 Oxford Brookes University, Oxford, United Kingdom

Degree

Law LLB

2009 Sir William Borlase

GCSE's: 1 A* English Literature, 5 A's Maths, English, French, German, Physics, 5B's History, Business Studies, Physical Education, Biology, Chemistry

A-levels: BBB English Literature, Economics, History

Vocational Qualifications

Law degree

Hobbies and Interests

- Sports - Berkshire county rugby, football, athletics
- Gym - strength and conditioning, power training
- Nutrition, Fitness and well-being
- Computers - Experienced user of Microsoft Word, Excel, Powerpoint

CV created at www.spastaff.com

