

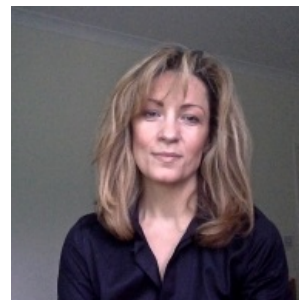
Curriculum Vitae

Female

D.O.B. 10 June 1968

Number of years working in industry:

13 years 8 months



Candidate ID Number: 36644

Nationality: British, Russian

Language Skills:

Fluent: Russian

Good: English

Permitted to work in: Russia, UK - United Kingdom

Position Sought: Assistant Manager, Fitness Professional, Fitness Manager, Fitness consultant, Health Club Supervisor, Personal & Group trainer

Personal Statement

Service, results and quality focused Personal Trainer with strong ability to support varied clientele in relation to health, fitness, well-being, nutrition and lifestyle. Committed to personal development; demonstrated by Organiser of Sport Activities Diploma, Personal Trainer Level 3 and operates as an Advanced Clinical Weight Loss Practitioner and Nutritional Therapist.

Supportive and enthusiastic team player, adopts a consultative and solution orientated approach to client engagement, business development processes and communicates effectively across diverse groups.

Employment History:

May 2016 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Torquay, UK - United Kingdom, (Home/Mobile)

Duties included:

- Conduct individual health and fitness assessments.
- Design and customise personalised training programs depends of client's needs and abilities for maximum benefits and safety.
- Design and deliver group fitness sessions.
- Explaining to clients an optimal utilisation of fitness/gym equipment as well as instruct them with healthy exercise techniques and effect of exercise on particular parts of the body.
- Offer alternate exercises to suit all levels.
- Perform body fat analysis, nutritional consulting and healthy diet plan.
- Supporting clients with their health and fitness goals by using different motivation methods.

Career Break - Traveling

March 2008 - December 2011 - Health&Fitness consultant at self-employment, Torquay, UK - United Kingdom, (Home/Mobile)

Duties included:

- Giving advice on health, nutrition and lifestyle changes to clients.
- Instructing clients on how to maintain their fitness level and health style by implementing exercises plans and diet

strategies.

- Motivating clients to take action, support them and monitor their progress over time.

July 1999 - February 2008 - Product Development Manager at AVK-Communications, Moscow, Russia, (Product Company)

Duties included:

- Researched and monitored existing client base and identify potential new product opportunities.
- Worked with other professionals to establish a design optimisation and specification of products.
- Coordinated all stages of product development - from initial concept art to finalisation and distribution.

Career Break - Maternity/Paternity leave

February 1995 - November 1995 - Lead Marketing Specialist at "Nauka Publishers", Moscow, Russia, (Product Company)

Duties included:

- Worked with creative authors to come up with publishing ideas.
- Researched and analysed a variety of marketing information, including product specifications, market trends, pricing.
- Developed new strategies and campaigns for book production.

August 1992 - January 1995 - Customer Support Engineer at Atlant-Inform company, Moscow, Russia, (Product Company)

Duties included:

- Provided technical support to partners and customers for Software Technologies and company products.
- Resolved complex technical problems, depending of the customers' need.
- Provided external and internal technical presentations (cross-training).

Education and Qualifications:

2016

2016

2016

2016 Professional Diploma

The Health Science Academy, London, UK

Advanced Clinical Weight Loss Practitioner

2016 South-Devon College, Paignton, UK

Certificates lvl3, lvl2

- Personal Trainer lvl 3
- Circuit Training instructor
- Chair-based exercise instructor
- First Aid

2014 The Health Science Academy, London, UK

Professional Diploma

Nutritional Therapist

1992 EDUCATION: Moscow Aviation Institute , Moscow, Russia

BSc Aerospace Engineering, Department of Aeronautical Engineering 1985 -1992

1987 Moscow Aviation Institute (Department of Social Professions)

Professional Diploma

Instructor & Organazer Sport Activity

1985 Dresden, Germany, secondary school N15

School leaving certificate - All subjects (English, Math, Science, History, etc.) - "A", Russian "B".

Vocational Qualifications

- Sport: Qualified PADI Scuba Diver, Advanced mountain skier
- IT skills: Microsoft Office, iWork

CV created at www.spastaff.com

