

# 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

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