

# Curriculum Vitae

**Male**

**D.O.B. 19 December 1994**

**Number of years working in industry:**

**10 years 2 months**



**Candidate ID Number:** 40986

**Nationality:** Australian, British

**Language Skills:**

Fluent: English

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

**Position Sought:** Fitness Professional

## Personal Statement

My motivation in truly making a difference in client/guest lives is a great asset of mine. To see their transformation is the greatest feeling. Being a result based trainer is essential to not only install confidence in your clients, but also to continue to develop and gain more confidence in your own personal attributes.

Seeking work in international locations

## Employment History:

**September 2016 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Double Bay, Sydney, Australia, (Health Club)

### Duties included:

- Provide Personal Training Sessions
- Provide Group Sessions
- Provide customised nutritional advice
- Constant upkeep of the gym environment

**Career Break - UK Cricket Contract**

**December 2015 - Present - Fitness Professional** at Owner/Founder, Worldwide, Australia, (5 Star Hotel Spa)

### Duties included:

- Outdoor Bodyweight HIIT Bootcamp
- Provide Personal Training Sessions
- Fitness Blog
- Online Personal Training
- Customised Exercise and Nutrition Programs

## Education and Qualifications:

**2015 FIA Fitnation Sydney**

Certificate III and IV in Fitness

Personal Fitness Trainer

## **2013 The Scots College**

High School Certificate - Pass (PDHPE, Geography, Hospitality, Maths, English)

## **Vocational Qualifications**

Senior First Aid and CPR

Bronze Medallion

Bronze Duke Of Edinburgh

## **Hobbies and Interests**

Former Professional Cricketer, Love Travelling and have a true passion for transforming clients lives

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

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