

# Curriculum Vitae

**Female**

**D.O.B. 03 July 1987**

**Number of years working in industry:**

**12 years 2 months**



**Candidate ID Number:** 44604

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: French

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

**Position Sought:** Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher

## Personal Statement

With a wealth of personal experience in sport & exercise and the influence from teachers, coaches and my travels I bring a unique motivation and commitment to each client and class that I work with, sharing my passion and helping people achieve their own personal goals to make great lifestyle changes.

I maintain motivated and proactive to make the most of every opportunity to continue to further my skills and now moving forward with a strong knowledge base and experience running my own business, my strong work ethic and drive to succeed would be a true asset to any company.

Seeking work in national and international locations and cruise ships

## Employment History:

**June 2016 - Present - Self Employed Personal Trainer** at (most recent employer hidden for confidentiality)  
MERSEYSIDE, UK - United Kingdom, (5 Star Hotel Spa)

### Duties included:

- Self Employed Personal Trainer (Full Time)
- Swim, Yoga & Spinning Instructor (PT)
- Creating and running a successful business, advertising to members, planning & progressing personalised programs peaking at 30 hours of Personal Training some weeks with an average of 24 hours/week through the year.

**December 2015 - April 2016 - Yoga / Pilates Teacher** at Kranti Yoga, Goa, India, (5 Star Hotel Spa)

### Duties included:

- Ashtanga/ Vinyasa Yoga Instructor
- Teaching the primary series, Ashtanga Flow classes & specific flow classes on a daily basis, whilst enhancing my own self practice.

**April 2015 - November 2015 - Swim / Aqua Fit Teacher** at Virgin Active, Staffordshire, UK - United Kingdom, (Health Club)

### Duties included:

Organisation and enrolment of over 150 children within the club with marketing, structuring sessions and liaising with members to ensure the smooth running of Stafford swim program.

**September 2014 - November 2014 - Swim / Aqua Fit Teacher** at Rackly Swim School- Miami Pool , Australia, (Health Club)

**Duties included:**

Planning and implementing swimming sessions through all Levels from 1 month old right through to advanced squad training.

**January 2013 - August 2013 - Personal Trainer** at David Lloyd Leisure , Raynes Park , UK - United Kingdom, (Health Club)

**Duties included:**

Achieving a strong client base with up to 20 PT hours per week within a 3 month timescale, Creating and managing personalised training & nutritional programmes for each individual client.

**January 2012 - November 2012 - Self Employed Personal Trainer and Fitness Instructor** at Club Motivation , Stoke-on-Trent , UK - United Kingdom, (Health Club)

**Duties included:**

Day to day running of the leisure club & Spa with programme setting and daily health and fitness advice.

**Education and Qualifications:**

**2015 YMCA Manchester**

Certificate

- 1ST YEAR PHYSIOTHERAPY, KEELE UNIVERSITY, 2007
- OCEAN DIVER QUALIFICATION BRITISH SUB AQUA ASSOCIATION 2006-2007,
- Level 3 Personal TRAINING, YMCA FIT, 2012
- GROUP Indoor Cycling Discovery Learning, 2012
- DNA FIT CERTIFIED Trainer & Assessor, 2013
- Swim TEACHING & Water Safety, AUSTSWIM, 2014
- Parent & Baby Swimming Instructor, STA, 2015
- Level 2 Aqua FIT Instructor, STA, 2015
- 200HR+100 HR YOGA TEACHERS Training -Ashtanga/Vinyasa, Kranti Yoga, India Dec 2015

**Vocational Qualifications**

- Sports diver
- Emergency first aid
- Pool plant
- 1st year physio
- Group cycle

**Hobbies and Interests**

Everything health and fitness

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