

Curriculum Vitae

Female

Number of years working in industry:

8 years 5 months



Candidate ID Number: 49054

Nationality: British

Language Skills:

Fluent: English
Basic: Spanish

Permitted to work in: UK - United Kingdom

Position Sought: Yoga / Pilates Teacher

Personal Statement

Freindly, personable and passionate about fitness and exercise and promoting the benefits for both mental and physical health.

After spending 20 years working in an office environment, I am looking to use my fitness qualifications and hopefully spend the next 20 years working in an industry that I have passion for.

Seeking work in national locations

Employment History:

September 2017 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality)
Manchester, (Home/Mobile)

Duties included:

I teach private 1-2-1 Pilates in the clients home or private space.

In a 1-2-1 Pilates session I focus my attention on any specific issues the client may have, whether it's purely for fitness and wellbeing, back problems or other medical conditions andI tailor exercises to meet there needs.

I complete a postural assessment and discuss any medical issues they may have.

I also offer nutritional guidance to help themachieve optimal health and wellness in the body.

Education and Qualifications:

2017 HFE - Manchester

Level 3 Diploma

Teaching Pilates

2015 Focus Training - Bolton

Level 3 Diploma in Personal Training

Personl Training

Gym Based Exercise

1993 Walkden High School

English Literature - B

English Language - B

Oral Communciation - Grade 2

Maths - C

Art - C

Religious Studies - C

Vocational Qualifications

CIPD Certificate In Personnel Practice

City & Guilds in all Microsoft Packages - Word, Excel, Powerpoint, Email & Internet

Hobbies and Interests

Along with performing Pilates, I enjoy HIIT and weight training at the gym, dog walking and reading

CV created at www.spastaff.com

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