

# Curriculum Vitae

## Female

**Number of years working in industry: 10 years 9 months**

**Candidate ID Number:** 51801

**Nationality:** New Zealander, British

**Language Skills:**

Fluent: English

Basic: German, Spanish, French, Italian

**Permitted to work in:** New Zealand, UK - United Kingdom

**Position Sought:** Yoga / Pilates Teacher

## Personal Statement

I am a very friendly Pilates instructor who is passionate about helping people move well to improve both their physical and mental health. I have a good sense of humour and have experience in working with people of all ages and backgrounds teaching Pilates for both rehab and fitness purposes. I have spent the last 3 years working in a variety of studios in Auckland, New Zealand and I am now looking to gain experience working overseas. I originally trained as an opera singer and musical theatre performer and bring a lot of energy and fun to my sessions to make them a special experience for clients.

Seeking work in international locations

## Employment History:

**February 2018 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) Auckland, New Zealand, (Health Club)

**Duties included:**

- Private/Duet/Trio Pilates sessions using all equipment
- Small group classes (barre/TRX/mat Pilates)
- Cater for both rehab and fitness based clients

**July 2017 - Present - Yoga / Pilates Teacher** at Auckland Physiotherapy, Auckland, New Zealand, (Hospital / Medical Clinic)

**Duties included:**

- Private Pilates sessions with clients who have been referred by physiotherapists.
- Lead small mat and equipment based classes for both remedial and strength based clients.
- Host seminars on movement and mental health related topics.

**October 2015 - November 2017 - Yoga / Pilates Teacher** at Reform Fitness, Auckland, New Zealand, (Health Club)

**Duties included:**

- Fitness based dynamic reformer Pilates classes
- One on one reformer Pilates training
- Acting studio manager on several occasions

### **Duties included:**

- Taught mat, reformer, spin, stretch & barre classes
- Private Pilates sessions using all equipment
- Inducted new clients into the studio

### **Education and Qualifications:**

#### **2017 Be Pilates NZ on behalf of Total Barre International, Auckland, New Zealand**

Certification

Barre Instructor

#### **2015 Cadence Health Australia (online course)**

Certificate

Lifestyle, Food and Wellness Coach

#### **2015 Stability Plus Pilates, Auckland, New Zealand**

Certification

Pilates Instructor

#### **2013 Trinity College London exam held in Auckland, New Zealand**

Level 4 Diploma

Musical Theatre

#### **2012 Santarelli School of Dance, Auckland, New Zealand**

ISTD Level 3 Vocational Diploma

Modern Theatre Dance

#### **2009 Diocesan School For Girls**

- National Certificate of Educational Achievement (NCEA) Level 3 with Excellence
- Subjects: English, Classical Studies, French, Mathematics with Statistics, Music, Drama
- National Certificate of Educational Achievement (NCEA) Level 2 with Excellence
- Subjects: English, Mathematics, French, Music, Drama
- National Certificate of Educational Achievement (NCEA) Level 1 with Excellence
- Subjects: English, Mathematics, History, French, Music, Drama, Science

### **Vocational Qualifications**

- First Aid
- Full New Zealand driver's licence
- Can touch type
- Event and Health & Safety Supervisor
- Bachelor of Music (Performance)
- Bachelor of Commerce (Management & Marketing)

### **Hobbies and Interests**

- Hiking
- Theatre
- Singing, clarinet & piano
- Movies
- Travel
- Food
- Reading

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