

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

May 2015 - June 2017 - Yoga / Pilates Teacher at Peak Pilates & Physiotherapy, Auckland , New Zealand, (Hospital / Medical Clinic)

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

