

Curriculum Vitae

Male

D.O.B. 17 December 1982

Number of years working in industry:

6 years 5 months



Candidate ID Number: 68269

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish

Permitted to work in: UK - United Kingdom

Position Sought: Spa Manager, Assistant Manager, Massage Therapist, Yoga / Pilates Teacher

Personal Statement

Seeking work in international locations

Employment History:

September 2019 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Health Club)

Duties included:

Massage | Effective judgment of appropriate pressure | Precise time management | Clear, concise and friendly communication | Full concentration and commitment | Excellent hygiene habits | Superb organizational skills |

- Maintained a busy solo massage practice.
- Conferred with clients about their medical histories and problems with stress or pain to determine how massage would be most beneficial.
- Developed and proposed client treatment plans using Thai Yoga, Deep Tissue and Sports massage.
- Safely and securely maintained treatment records.
- Ensured compliance with health, safety and hygiene standards.

Pilates | Physical and online classes | Clear, concise and friendly communication | In depth knowledge of beginner, intermediate and expert exercises | A strong ability to lead classes of all sizes and to modify where needed | Excellent level of personal fitness, strength and flexibility | Familiar with ZingFit and Mindbody |

- Developed comprehensive personal training and Pilates training programs to ensure clients are satisfied with their workout program and remain motivated to attain their personal fitness goals.
- Instructed both private and group Pilates classes
- Maintained the cleanliness of the studio.
- Promoted and sold Pilates training programs and services.

August 2012 - September 2019 - Studio & Senior Project & Account Manager at Crew a la Mode, Yacht , (5 Star Hotel Spa)

Duties included:

Aug 2012 - Sept 2019 | Crew a la Mode - The Yacht Clothing and Lifestyle Agency | Studio & Senior Project & Account Manager (2016 - 2019 Palma de Mallorca-based)

- After locating a suitable property for our studio, I project managed its renovation work to reflect the style and

ethos of the companies London flagship studio.

- I was solely responsible for all legal and accounting matters in relation to the company's Spanish registration and liaised with our lawyer and accountant on a monthly basis to ensure all matters were covered.
- I assisted old and new clients with all uniform and design needs whilst working within their set budgets and strict time frames. I was in charge of approving all quotes and invoices before being sent on and ensured the studio was presentable for all client meetings on a daily basis.
- I created marketing and advertising strategies to gain new business as well as creating social media content.
- I headed our overseas business development and created strategies and plans for other international studios whilst researching the benefits and drawbacks of international growth.
- I represented the company at all major international trade shows and held client meetings throughout Europe. I was responsible for all logistics regarding the setting up and dismantling of trade show stands and after each show I'd created reports summarising any business done, supplier needs, areas that worked and what areas needed improvements.
- Being part of the company's senior management team we had monthly meetings to discuss ideas of where improvements in the running of the business could be made.

Aug 2012 - Sept 2019 | Crew a la Mode - The Yacht Clothing and Lifestyle Agency | Studio Manager (2012 - 2016 London-based)

- Responsible for the smooth running of the studio on a daily basis by directing and assisting my 10 colleagues with any questions or issues they encountered. I took charge of the company's interviewing process for new interns and employees as well as being responsible for the companies HR and first aid.
- I was in charge of the company's bookkeeping, quote approval, invoice payments and liaised with our accountant at month end.
- I put together both the men's and ladies stock rooms and quality controlled and documented all stock deliveries. I also assisted the 'Head of Production' with design solutions and artwork for our in house clothing brand.
- In 2015 we relocated to east London. During this process I organised the logistics of moving the entire studio whilst dealing with the renovation work at the new studio.

Education and Qualifications:

2019 Body Control Pilates Inferno Hot Pilates London School of Massage Origym Centre of Excellence International Training Massage

Pilates Qualifications: Body Control Pilates - L3 Mat Pilates - Certified Inferno Hot Pilates - 250hrs Hot Pilates Instructor Training - Certified Massage Qualifications: London School of Massage - Deep Tissue Massage - Certified

Pilates Qualifications:

Body Control Pilates - L3 Mat Pilates

Inferno Hot Pilates - 250hrs Hot Pilates Instructor Training

Massage Qualifications:

London School of Massage - Deep Tissue Massage

Origym Centre of Excellence - L3 Sports Massage

International Training Massage - Nuad Bo-Rarn Thai Massage

2001 Glenalmond College

AS-level: Art,

A-level: Design & Technology

GCSE: Art, Technology, English Language, English Literature, History and Maths

Vocational Qualifications

BA (Hons) Illustration (2:1)

Art & Design Foundation Course: Merit Pass Art & Design National Certificate: Pass

AAT Level 2 in Accounting - Work effectively in accounting and finance: Grade - Pass

AAT Level 2 in Accounting - Basic costing: Grade - Pass

C & G Level 2 Computerised Bookkeeping and Accounts: Grade - First Class Pass

C & G Level 1 Computerised Bookkeeping and Accounts: Grade - First Class Pass

C & G Level 1 Bookkeeping and Accounts Passed: Grade - First Class Pass

Hobbies and Interests

Hobbies: Pilates, Yoga, Cycling, Swimming, Running

CV created at www.spastaff.com

