

Curriculum Vitae

Male

D.O.B. 16 August 1991

Number of years working in industry:

8 years 9 months



Candidate ID Number: 83604

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish

Permitted to work in: UK - United Kingdom

Position Sought: Spa Manager, Assistant Manager, Head Therapist, Massage Therapist, Fitness Professional

Personal Statement

With 9 years experience in the health and fitness industry, I have gained fundamental knowledge regarding muscular strength & endurance, sports performance, body-recomposition, exercise for special populations and underlying medical conditions.

Currently my main areas of practice cover sports injury prevention protocols and rehabilitation, as well as utilising different therapy modalities for treatment. I am passionate about exercise-based rehabilitation and having studied Sports Therapy, I can utilise my proficiency in exercise physiology principles when prescribing exercise within clinical and sporting settings.

Understanding how to treat and rehabilitate underpinning musculoskeletal injuries related to physical performance is very important to me. Often having to work around injuries, I developed an interest in therapeutic interventions. I have since gained experience within Professional and Semi-Professional Football with all age groups and have set up a Sports Therapy and Injury rehabilitation clinic.

Employment History:

June 2020 - Present - Sports Rehabilitation Therapist at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Home/Mobile)

Duties included:

- Deliver bespoke therapeutic deep tissue and sports massage treatments.
- Undertake subjective and objective assessment of patient injuries and deliver rehabilitative treatment in the form of Maitland's manual therapy or soft tissue therapy.

December 2024 - December 2024 - Spa Manager at GYM AND SPA MANAGER: MOTIVE8 (GREENWICH UPPER RIVERSIDE), LONDON, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

- Open and close the premises.
- Organise gym cleaning schedules, conduct plant and swimming pool safety checks.
- Maintain a high standard of gym equipment and safety of gym floor areas, call in repairs and organise general maintenance of gym equipment as well and apply for the purchase of new equipment.

- Deliver member inductions to the gym, to explain and demonstrate safe usage of all equipment and maintain tidiness.
- Introduce new fitness concepts to team members and produce enthusiasm amongst gym members, effectively designing and managing fitness programmes for groups and individuals.

May 2017 - December 2022 - Spa Consultant at VIVA THERAPIES, MAYFAIR, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

- Private 1-on-1 Hotel Spa based Personal training sessions.
- Working in various 5 star Hotels within Central London.
- Provide customers with all kinds of support, advice or assistance regarding health and fitness.

Education and Qualifications:

2020 Buckinghamshire New University

Degree

- Sports science
- Sports Massage
- Manual Therapy
- Rehabilitation

2020 Buckinghamshire New University

BSc Sport Therapy Degree (3 Years)

2020 Buckinghamshire New University

BSc (Hons) Sports Therapy: Upper Second Cxlass

Vocational Qualifications

- Full UK British Driving Licence.
- Emergency First Aid at work/Defibrillation & CPR.
- Advanced proficiency in MS Office (Word, Outlook, Excel, and PowerPoint).

Hobbies and Interests

I enjoy yoga, gym training, jogging, reading and blogging. I recently nset up my own fitness nutrition company.

CV created at www.spastaff.com

