

# Curriculum Vitae

**Female**

**D.O.B. 18 November 1982**

**Number of years working in industry: 7 years 11 months**

**Candidate ID Number:** 85733

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: French, Arabic

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Fitness Professional

## Personal Statement

Courageous and funny and friendly and ambitious

Seeking work in national and international locations and cruise ships

## Employment History:

**March 2020 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Aberdeen , UK - United Kingdom, (Health Club)

### Duties included:

Personal trainer and Les Mills instructor. Opening and closing of gym. Designing programs for nutrition and fitness

### Products worked with:

Body pump equipment such as bars and weights. TRX, kettlebells, boxing pads and gloves, Pilates equipment, medicine balls, sand bags, athletic ladders and cones, gym cardio machines, massage oils, massage gun, foam rollers, Olympic bar, EMS

**March 2020 - Present - Spa Consultant** at The gentlemen Barbour , Aberdeen, UK - United Kingdom, (High Street Salon)

### Duties included:

Swedish, deep tissue, myofascial release and stretching techniques

### Products worked with:

Grape seed and aromatherapy oils

**October 2017 - October 2019 - Fitness Professional** at Nuyu , Eastern province , Saudi Arabia, (Health Club)

### Duties included:

Personal trainer duties and Les Mills instructor. Opening and closing of gym. Attending ongoing professional training workshops for Les Mills quarterly. Designing client programs for nutrition and fitness. Member retentions strategy's such as healthy lifestyle advice workshops, free gym challenges, weekly weigh ins, massage service, printed nutrition advice & recipes sheets

## Products worked with:

Lifetime fitness machinery, TRX, Kettlebell, Olympic bar, Sandbag, Battle ropes, Boxing gloves/pads, weight plates, body stat monitors, body fat percentage callipers, mindbody business software , oracle software

## Education and Qualifications:

**2021**

Pilates and yoga certified

**2021 Origym uk**

Level 3

**2007 Abertay University**

BSc Sport health and exercise with honours

Precision nutrition coach

Massage diploma

Spinning

Boxercise

**2004 Aberdeen college**

NVQ level 4

Business administration

**2007 Abertay university**

BSc Honours Sport Health & Exercise 2:2

**1999 Kincorth academy**

Physics grade 3, geography 3, English 2, maths 2 , graphic communication 2, art & design 1, physical education 2, accounts, biology

## Product Training:

**May 2019 Precision nutrition coach level 1**

Online course

Masters level nutrition science for health, performance sports and coaching guidance

**November 2016**

**NASM advanced level 3 personal trainer**

Nuffield health gym, by educator of NASM, London

Level 3 personal trainer in anatomy physiology fitness instructor and coach

**November 2016**

**Massage therapist diploma**

Aberdeen college and on-line

Swedish, deep, sports, myofascial, percussion, and Thai massage

## Vocational Qualifications

Advanced padi diver

first aid

Microsoft package

life coach

## Hobbies and Interests

Horse riding , ski-ing, snowboarding, hiking, outdoor swimming, gym weights, road cycling, triathlon, travelling, cuisine

