

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 gentlemans 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

