

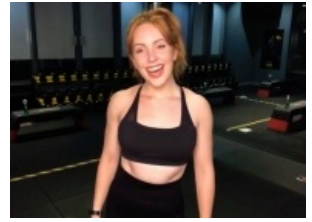
Curriculum Vitae

Female

D.O.B. 14 November 1995

Number of years working in industry:

5 years 5 months



Candidate ID Number: 87491

Nationality: American

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom, USA - United States

Position Sought: Receptionist

Personal Statement

My best quality is that I am always striving to be the very best version of myself and I am one of the hardest workers I know. And above all, I am kind and lead each day with empathy

Seeking work in international locations

Employment History:

September 2020 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Greenwich, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

Creates enthusiastic class environments while offering ongoing motivation and feedback.

Plans fun workout routines consisting of strength , aerobic exercises, and agility in the form of circuit training and HIIT to challenge all skill levels of participants.

Ensures cleanliness of studio space to the health and Covid regulated company image.

Maintains peak physical condition to better serve and motivate clients of varying experience.

Be a positive and knowledgeable source of health and fitness related information that makes each client know I am listening and invested in their individual health and fitness goals .

Products worked with:

n/a

Career Break - Job hunting

Education and Qualifications:

2020 BISMA, London

Certificate

Personal Training and Group Fitness Certified

2019 Cardiff Wales

Masters

Masters in Musical Theatre

2018 Royal Welsh College of Music and Drama

4.0 GPA

Vocational Qualifications

Good people skills!

Hobbies and Interests

Fitness, Theatre, Singing, Pie Baking, and Dog walking

CV created at www.spastaff.com

