

Curriculum Vitae

Male

D.O.B. 14 June 1994

Number of years working in industry: 6 years 0 months

Candidate ID Number: 90627

Nationality: Greek, Greek

Language Skills:

Fluent: English, Greek

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Spa Manager, Assistant Manager, Fitness Professional, Yoga / Pilates Teacher, Personal Trainer

Personal Statement

Seeking work in international locations and cruise ships

Employment History:

February 2020 - Present - Spa Manager at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Health Club)

Duties included:

- Responsible for 250 City Road private residential Gym & Spa
- Providing advice on health, nutrition, and lifestyle changes
- Inducting clients to Gym & Spa facility,
- Demonstrating equipment, Educating, and giving feedback to the client on proper technique
- Group training design and delivery of special events
- Tracking usage of the facilities, address customer issues and complaints

Products worked with:

- Temple Spa

January 2024 - February 2025 - Fitness Professional at One Spa World, Regal Princess, (Cruise Ship)

Duties included:

- Working with individuals that are trying to achieve a pain-free, healthy lifestyle.
- Manage and create the schedule of the fitness team, event, group classes and wellness seminars.
- Driving high ticket revenue through personalized services and clinically proven health products consistently.
- Launched a wellness program for crew members, focusing on both their mental and physical health.
- Ranked consistently among the top fitness directors in the fleet (stats upon request).

Products worked with:

Elemis

Education and Qualifications:

2014 AKMI Institute, thessaloniki Greece https://iek-akmi.edu.gr/iek-akmi-thessaloniki/?gclid=CjwKCAiAr6-ABhAfEiwADO4sff8ZQZ2pZKhOt6DQ3Hm881rAvUfQO-u8YCUapWcuqaCczT8lketioBoCndAQAvD_BwE

NVQ level 5

Personal training

Product Training:

April 2025 Elemis, Goodfeet

London Wellness Academy Dec. 2023

Sales, management, product (elemis detox, 21 day renew, goodfeet) public speaking, excellent service (certificates upon request)

April 2025

London Wellness Academy Dec. 2023

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Vocational Qualifications

- Level 5 NQF/EQF in Personal Training - AKMI institute, 2012 -2014
- Level 2 AIQ Certificate in Fitness/Gym Instructing - Premier Global NASM | AFAA, 2020
- Level 3 AIQ Diploma in Personal Training - Premier Global NASM | AFAA, 2020 - current
- Nutritional Advisor - Premier Global NASM, 2020
- Level 3 IQL Award in Emergency First Aid at Work - Royal Life Saving Society (RLSS UK), 2020
- Emergency Response Swimming Pool certificate - Royal Life Saving Society (RLSS UK), 2020
- Level 2 IQL Award in Automated External Defibrillator (AED) - Royal Life Saving Society (RLSS UK), 2020
- High School Certificate of Graduation - 2012
- TOEFL Certificate - 2017

Hobbies and Interests

- Chess
- Calisthenics
- Gymnastic rings
- Yoga & flexibility
- Marketing - Ecommerce and website design
- Reading

CV created at www.spastaff.com

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