

Curriculum Vitae

Male

D.O.B. 17 July 1991

Number of years working in industry: 12 years 7 months

Candidate ID Number: 99092

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, Fitness Professional

Personal Statement

I am a diverse practitioner with a keen interest in injury/pain management and optimising movement capacity. Having worked in a variety of fitness and performing arts environments, I have supported a wide range of clients with achieving their health and physical wellbeing goals.

Seeking work in national locations

Employment History:

March 2016 - Present - Complementary Practitioner at (most recent employer hidden for confidentiality) Various, UK - United Kingdom, (Home/Mobile)

Duties included:

- Deliver both private and group movement sessions with the aim of supporting clients to find ease and fluidity in their movement capacity.
- Provide one-to-one sessions on mindful movement, callisthenic training, arm balance & inversion practice, dependant upon the client's goals.
- Provide sports massage and soft tissue treatments to resolve bio-mechanical dysfunction and injury.
- Offer advice and guidance for injury prevention and management.

February 2015 - July 2017 - Assistant Manager at Breeze Yoga, London, UK - United Kingdom, (Health Club)

Duties included:

- Responsible for the operation of the venue, addressing technical and operational issues as they arose.
- Supported the reception team, helping to train new staff as well as assist with customer queries.
- Maintained both the paper and digital databases of current clients, as well as supporting the sales teams with developing leads and contacting potential clients about promotions and events.
- Prior to being appointed Duty Manager, I was initially employed as a receptionist. This was a front facing role requiring me to deal with face-to-face, telephone and email queries, as well as assist with touring potential new clients and managing the daily takings reports.

August 2013 - February 2016 - Fitness Professional at Humanah Productions, Various, UK - United Kingdom,

(Home/Mobile)

Duties included:

- Delivered movement workshops to vocational performing arts students and professional dancers in the UK and Sweden.
- Responsible for various outreach programmes ran by the company, creating teaching and performing opportunities at a variety of venues.
- Supported with the development of classes in the following disciplines: Floor-work, Improvisation and Release-based techniques.

July 2013 - March 2014 - Fitness Professional at The Garden Court Tennis Club , London , UK - United Kingdom, (Health Club)

Duties included:

- Responsible for coaching strength, co-ordination, agility, optimal movement patterning/sequencing for under-18s semi-professional tennis players
- Responsible for coaching a variety of clients aged 18-65 through weight loss, strength and flexibility/mobility training, as well as guidance on injury and pain management.
- Offered massage and soft tissue/ bodywork treatments to support with stress, injury and pain management.

Education and Qualifications:

2021 Study Active

VTCT Level 3

Combined Diploma in Personal Training

2021 Pressure Point

CPD Certificate

Fire/Vacuum Cupping Techniques

2021 Loughborough College

VTCT Level 3 Diploma in Sports Massage Therapy (Pass, awaiting certificate)

2013 London Contemporary Dance School

BA (hons) Contemporary Dance (upper second class)

Disciplines Studied: Ballet, Cunningham, Release, Floor-work, Improvisation, Feldenkreis Method, Alexander Technique, Body Conditioning, Pilates.

Vocational Qualifications

Future Learn / Public Health England, June 2020: Certificate in Psychological First Aid (COVID-19)

Leicester College, September 2019 - November 2019: Level 2 Certificate in Counselling Skills

Hobbies and Interests

Contemporary Dance, Callisthenics, Yoga, Inversion practice, Longboarding, Climbing

