**Name**

**Address:**

**Mobile:** , **E-mail:**

**Personal Profile**

I am a confident and friendly college leaver who is passionate about health and fitness and sports in general. I am an active member of Wey Valley FC Adult Reserve 11 which has enabled me to further develop excellent communication and teamwork skills. Now that I have left college, my aspiration is to build upon my interests in health and fitness and take up an entry level role with a busy and successful health and fitness business. My career goal is to one day qualify as a personal trainer.

**Key Skills**

* Physically fit and passionate about health and fitness.
* Caring and non judgemental.
* Confident with a high level of personal presentation.
* Able to communicate and articulate my ideas clearly, developed through college assignment presentations.
* Highly effective team player, demonstrated through participation in extra curricula team sports.
* Strong written communications developed through college assignment report writing.
* Proficient in the use of IT applications i.e.) Microsoft Word, Excel.
* Good grasp of Business principles i.e.) Importance of good customer service.
* Reliable and dependable, demonstrated through School and Attendance record.

**Education**

* 2014-2016 Alton College, Alton, Hampshire.
* 2009-2014 Mill Chase Academy, Bordon, Hampshire.

**Qualifications**

* Level 3 Cambridge Technical Introductory Diploma (Pass predicted).
* GCSE’s: Mathematics (A), Additional Science(B), English Language (C), English Literature (C), PE (C), Science Core (C).
* BTEC Level 2 Certificate in Business (Distinction\*).
* BTEC Level 2 Certificate in Sport (Merit).

**Work Experience**

2016 General Assistant (2 weeks unpaid)- LWB Horticulture, Greatham, Hampshire.

Duties included:

* Assisting with Lawn Care, fencing maintenance, hedge cutting & planting and general garden maintenance.

**Volunteering**

2014 General Assistant (3 months unpaid)- Watercress Line, Alton, Hampshire.

 Duties included:

* Assisting with general maintenance of the Station.
* Assisting with the general maintenance of Engines.
* Working effectively within a team of five, including paid staff members.

**Interests and Achievements**

* Undertook Bronze Duke of Edinburgh Award in 2015.
* Active member of Wey Valley FC Adult Reserve 11 since 2015.
* Attend the local Gym 3-4 times per week. Follow a training programme to develop my own level of physical fitness.

**References:**

* References are available on request.