

Qualifications

ZUMBA – 14+

Fitness Hula – Children and Adults

Street Dance – Children and Adults

Dance style Aerobics – Adults

Nutritional and Weight Management – Adults

Cardio Kick – Adults

Circuits

Life Coaching

Pre School to Teens Children's Fitness – ie Cheer dance – Combat – step –

Bollywood Dance – Hula

Organising events and shows

Presenting at Events – Stage management

Spin

NGB level 1's –Multi Sports – swimming

General Fitness advice

Carnival Performer

Lifelong Learning Tutor – Dance Leader and Sports Leaders award

First aid at Work

These have included ILM Team Leader, HSLA, CSLA, YMCA Gym Instructor level 2, Exercise to music level 2, YMCA Circuit Training, YMCA Cardio Kick, Nutritional weight management, Motivational Interviewing, Cognitive behaviour Training, First Aid at work, Train to Gain, How to Coach disabled people, Good Practice & Child Protection, Basic Food Hygiene, Sports development Planning, OCN Personal development through Volunteering, FA Team Managers level 1, Tri Golf, Badminton Leaders Award, Sportsability, Tops sports, Basketball Level One, Level 1 award in sports leadership, Level 1 in Community Sport Leadership, OCN Vocational computing & Info Level 2 and OCN info in Technology/Computer/Printer/Packages, Children's fitness qualification in Step, Combat, Hula Hooping, Street Dance & Bollywood Dance.

I also work with ER Dance, a Leicester City Dance & Fitness group. I not only tutor a variety of Dance Leader Courses but I am also helping to establish the club that my mother and family have set up from scratch. We work in schools and also do shows, events and floats such as the Leicester and Braunstone Carnivals.

An enjoyable element of my work is the organising of events. This has included arranging training and support for women to enter the Race For Life charity run, organising annual celebration awards, organising mass warm-ups for sporting events such as the Youth Games and stalls at carnivals to promote healthy lifestyles.

I have also been very fortunate to spend 3 months working and studying in America. This gave me a great opportunity to work with young people and their parents from a range of background and cultures whilst studying for a state diploma. Leading a small team of coaches we delivered structured sessions throughout New York, Boston and Connecticut.