**Curriculum Vitae**

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**Summary :**  I am a determined, confident, reliable, responsible and committed individual who always gives her best in whatever she does. I always strive to achieve excellence in whatever I do. Moreover, I am enthusiastic and passionate about what I do and always face issues with a positive attitude and a smile. My willingness to learn from mistakes and improve is an asset which helps greatly in life. I have always loved sport and fitness and have been training seriously for 20 years now. I moved to Dubai in November 2017 and I want to work in the fitness industry and pass on my love and passion for exercise, fitness and healthy living to others. I am loyal to what I love and always look forward to learning new things which will help me improve in whatever I am doing.

**Work Experience**

* **September 2004 – June 2017** – I was a teacher of English, Italian and Geography at a secondary school. I have lots of experience in teaching others and delivering information effectively to others and this is a big advantage for a group exercise instructor and personal trainer. I am also used to teaching students of different backgrounds, cultures and opinions since I also used to teach English to foreign students of various nationalities. When teaching group fitness classes, one may also have clients that have different cultures and viewpoints and showing respect towards each and every client is of vital importance. Patience, creativity, assertiveness, flexibility, readiness to adapt and willingness to work as a team are other essential qualities that I developed more effectively as a teacher.
* Before graduating from university and starting my full time job as a teacher, I had done various part time jobs- taking care of kids at various summer schools, giving private lessons of English and Italian, working at a call centre that promoted holidays to Malta.

**Education and Certifications**

* **1986- 1997** – Primary and Secondary education at a private school in Malta. I was also chosen to be the Assistant Head Girl of the secondary school. Therefore, I was given certain important duties to perform in order to ensure the general well-being of the secondary school students. At the end of secondary school, I obtained O levels (Maltese equivalent of GCSEs) in the following subjects: English Language, English Literature, Maltese, Mathematics, Religious knowledge, History, French, Italian, Social Studies, Physics.
* **1997- 1999 –** I attended 6th Form at St Aloysius College. At the end of these 2 years, I sat for my Advanced level exams. I obtained my A levels in English and Italian. I sat for Environmental Science, Religious Knowledge, Systems of Knowledge and French at Intermediate level. I obtained success in all 6 subjects. Whilst studying at 6th form, I also participated in the Young Enterprise Scheme, which is a scheme whereby a group of 16 and 17 year old students have to set up their own business by launching an original product, marketing it and then selling it effectively. The team I was part of placed 1st on a European level.
* **1999-2004 –** I studied at the University of Malta and graduated as a secondary school teacher of English and Italian. During my years at university, I participated in various activities that were offered to the students. I especially played an active role in the Anthropology Society, which was an organisation that aimed at promoting the various cultures of the international students studying at the University of Malta.
* **February 2017- Present –** I did the ETM course in Malta and successfully passed my exam on the 16th July 2017. I then did a Circuit Training course in August 2017 in Dubai with IQ Lifestyle and successfully qualified in that too. In October 2017, I successfully qualified as a gym instructor in Dubai, thanks to IQ Lifestyle. I then went on to successfully qualify as a Personal Trainer in January 2018. I am also planning to do a course in order to become an indoor cycling instructor. I eagerly look forward to continue doing fitness courses that will help me expand my knowledge and gain experience as a fitness instructor.

**Hobbies and personal interests**

* I have been into Sport and Fitness from the age of 16. I have been attending various gyms ever since I was 16. I have also attended various fitness classes for many years- HIIT, indoor cycling, Tabata, Body Pump, circuit training and Boxing amongst others. I have also taken part in various athletics races and had trained with an athletics coach for many years. My longest distance is the Full marathon distance. I had placed 4th Maltese female. I have currently stopped racing due to an injury. However, I do enjoy the occasional easy run, without any pressure to compete.
* Another hobby of mine is writing poems and short stories. I obviously do this when I have some free time and have the appropriate inspiration. I developed this passion when I was a young child.
* Travelling to different countries and learning about different cultures and traditions is another hobby and interest of mine. I believe that travelling enriches one’s mind and broadens one’s horizons immensely.