

# Cian O'Shaughnessy

DOB - 06/08/1991

Limerick

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Reliable, confident and friendly that quickly learns and adapts to new concepts and skills. Have good people skills with a good sense of humour and manners which can be used to great effect dealing with customers. I am very strong and athletic with a great knowledge in dealing with customers both in a one to one and team basis. I am also very good at working on my own initiative as I am a successful personal trainer or can work as part of a team. I am currently in the process of upskilling in Software Engineering, broadening my knowledge and qualifications.

## WORK EXPERIENCE

### **Fitness Instructor, Personal Trainer**

Aqua and Fitness - Castletroy Park Hotel - Limerick - February 2015 to Present

Responsibilities - retaining and gaining new members, selling memberships and products, adjusting members details on computer system, adding new members to the system, end of night cash up, teaching a very wide range of classes including running club, aqua aerobics, total tone, body sculpt, tabata, circuits, kettlebells etc. working one to one with members and guests, show help and guide new staff members in their role, pool testing and adjusting chlorine and acid levels to maintain a healthy ph level, adjusting temperatures in pool, Jacuzzi, sauna and steam room, supervising the gym area and ensuring the safety of pool users. Ensure that the hygiene levels of the facility are to a high standard.

### **Personal Trainer/ Gym Assistant**

LPC - Limerick Powerlifting Club - Limerick - January 2015 to February 2015

Responsibilities - I helped a lot around the gym, a lot of the clients would come and ask me a lot of questions that I could answer on various things such as programmes and food/supplement plans, I made good relationships with a lot of clients, I spotted people lifting heavy weight to make sure that they don't injure themselves and I also took care of cleaning duties while I was there.

I learned a lot from my contribution, in dealing with clients and in general knowledge of strength and conditioning and I found this very helpful in my own personal development and to put towards practice in dealing with clients of my own.

### **Customer Service/ Security**

Harvey Norman - Limerick - November 2014 to January 2015

Responsibilities - store greeting, security duties, selling items and the configuration and placement of furniture flat-packs.

### **Cashier/Customer Service**

Roberts Pharmacy - Limerick - May 2013 to August 2013

Responsibilities - cashier duties, approaching customers offering my assistance cleaning duties, stock taking and taking passport photos for people.

### **Retail**

Seduzca-Limerick - May 2013 to August 2013

Responsibilities: approaching customers and offering them assistance, stock taking and applying security tags to the merchandise.

## **EDUCATION**

### **Diploma in Software Development**

Code Institute – Edenborough Napier University  
2017 - present

### **Advanced Certificate - EFQ Level 5 in Fitness and Leisure Management**

TrainFitness-Limerick  
2016 to 2016

### **Fetac NFQ Level 6 Major Higher Certificate - EQF Level 5 in Exercise and Health Fitness**

University of Limerick-Limerick  
2014 to 2016

### **Fetac Level 5 in Sport and Health Science**

University of Limerick - Limerick  
2013 to 2014

## **SKILLS**

Team worker, Strong communication skills, Leadership skills, Personal training and development, Organised, Punctual, Hard worker, Reliable, Proficient in MS Office & Research/Computer skills, Knowledgeable, Self-Motivated, Confident, Positive, Respectful, Patience & Physically strong.

## **AWARDS**

### **Advanced Certificate in Fitness and Leisure Management**

October 2016

My most recent qualification is an Advanced Certificate in Leisure Management which includes all of the following modules which qualify me and give me all of the necessary skills to manage a leisure facility - Planning and Delegating Work for a Team, Leadership and Customer Care, How to Manage Health, Safety and Welfare, Active Leisure and Learning Sector, Employment Rights and Responsibilities, Continuing Professional Development, Financial and Business Procedures, Deliver Objectives Through a Team, Facility Supervision and Operation, The Marketing Mix, How to Sell Services and Products and Operating Swimming Pool Plan.

### **National Council of Exercise & Fitness - Higher Certificate**

April 2016

HCEHF(NCEF) Level 6 Major, Higher Certificate - University of Limerick

## **CERTIFICATIONS**

### **Personal Trainer**

May 2016 to Present

NCEF Level 6 Major, Higher Certificate - University of Limerick

**Strength & Conditioning Coach**

May 2016 to Present

NCEF Level 6 Major, Higher Certificate - University of Limerick

**Fitness/Gym Instructor**

May 2015 to Present

NCEF Level 6 Major, Higher Certificate - University of Limerick

**RLSS Deep Water Pool Lifeguard**

April 2016, renewed 24/11/2017

**Occupational First Aid & Defibrillation**

April 2016 to April 2018

**City & Guilds – Word Processing**

Proficient in MS Office & Research/Computer skills.

**Full Driving License**

August 2015 to Present

**ADDITIONAL INFORMATION**

Hobbies & Interests -

Things I like to do in my spare time include going to the gym as I am training for a bodybuilding competition, playing soccer, going for runs, walking my dog, mountaineering, nature trail walking, swimming, going to the cinema and socialise with friends. I also like to attend charity events such as walks and runs to help raise money whenever I can.

