

JARED SHAKESPAERE

I am a NASM-certified personal trainer that enjoys programing and solving clients problems. I am an enthusiastic kinesiology pre-athletic training student with a lot of desire to learn. I am a team player that seeks to add value to Traction Sports Performance and grow as a fitness professional.

EXPERIENCE

- October 2020-
April 2021** *Manager and Personal Trainer, Anytime Fitness*
- As a trainer, I programmed workouts, corrected form, motivated, and followed up on goals with clients. My clients primarily consisted of adults and athletes. I regularly looked to more experienced trainers and healthcare professionals for advice. This practice helped me become a great and well respected personal trainer.
- As a manager, I sold memberships and personal training packages with a high close rate. I attended to member accounts and resolved billing issues. I was in charge of keeping the gym clean and functional while helping the members feel at home and comfortable during their workouts.
- September
2017-
September
2018** *Co-Team Leader, Moxie Pest Control*
- As a door-to-door sales team leader, I focused on building a team of qualified sales representatives and trained the new reps on how to perform their duties. I sharpened their sales skills by teaching them para-verbal and non-verbal communication techniques. I attended leadership meetings and formulated plans on how to grow our company.

EDUCATION

Louisiana State University

April 2021-Present: Kinesiology Pre-Athletic Training

Brigham Young University-Idaho

September 2017- December 2020

Morningside College

December 2016- September 2017

KEY SKILLS

- NASM Certified Personal Trainer
- CPR/AED/First Aid Certified
- Bilingual English/Portuguese