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Professional Profile

As a results driven fitness trainer and coach with more than 4 years of relevant experience in the fitness field; I maintain a passion for developing programs that improve fitness, improve stamina, and develop healthy living styles. My strong customer service skills, written and oral communication abilities, and organizational attributes will help me advance in a fitness and wellness based career.

Qualifications

- Proficiency in Microsoft Word, Excel, and PowerPoint
- Quick learner
- Training and development
- Results-oriented
- Client-focused
- Customer Service
- Sales

Relevant Experience

Corporate Wellness

- Assisted completing assessments for 4 corporate wellness companies in the Denver area.

Documentation

- Wrote and edited documents to keep team informed on policies and procedures.

Marketing/sales

- Implemented online marketing strategies which resulted in