

FINN MCDOUGALL

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Reference available on request

PROFILE

I've always been a wildly active individual. Some say it is ADHD but I think it's just a great interest in what the human body is capable of! Biomechanics and movement has always kept me engrossed from competing in Parkour competitions to bouldering and from powerlifting to skateboarding. I also was diagnosed with type 1 Diabetes back in 2021 and I love to show that the only limitations you have are the ones you put on yourself.

EXPERIENCE

Parkour Coach / Head Coach

The Momentum Community
2010 - 2018

- Working with clients of all ages, disability & skill
- Liaise with Gen Pop
- Risk Assessment
- Classes of up to 60+

Business Owner / Head Coach

Meta Movement Parkour LTD
2018-2019

- Creating and developing my own business
- Marketing & Branding
- Front end & back end work
- Leading a small team of coaches

Global Travel

Worldwide

2015 - 2016

- Organisational Skills
- Problem Solving
- Communication Skills

Personal Trainer

Anytime fitness/The Gym/ Private

2019 - 2023

- Working the floor and reception, I prided myself on the fact everyone in the gym knew my name
- Strength training focused background
- Constant Upskilling

Lead Parkour / Gymnastics Assistant Coach

Sovereign Gymnastics
2017 - 2019

- Risk Assessment
- Dealing with Injuries
- Planning sessions
- Working as a team

Online Coach

Worldwide

2023 - present

- Taking my business online allowed me to travel while coaching and learn from other coaches around the world
- My retention for clients is extremely high, even for online coaching

EDUCATION & AWARDS

DofE Award

Silver

Parkour UK

Level 2 Parkour & Freerunning

Sports Coaching

Safeguarding & Protecting Children

Mental Health First Aid

MHFA

Personal Trainer

Level 3

Seb Oreb Strength System

Up to Level 2

COACHING FOCUS

My coaching style is all about sustainability, strength and movement. It's all great being able to deadlift 200kg and jumping around now, but what about maintaining that until you're 60?