

Professional Summary

Results-driven Australian Level One Boxing Coach and seasoned CEO with a proven track record of empowering individuals through holistic wellness and fitness programs. Skilled in coaching, wellness, and empowerment, with a strong passion for transforming lives through health and fitness initiatives.

Professional Experience

CEO & Australian Level One Boxing Coach

Inazuma.co | September [Year] - Present

Senior Fitness Coach

FitZone Australia | January [Year] - August [Year]

Key Achievements:

- Developed and implemented a bespoke fitness program, resulting in a 30% increase in client retention.
- Collaborated with the marketing team to launch a successful social media campaign, boosting followers by 50% in 6 months.

Responsibilities:

- Coached clients across various fitness levels
- Conducted workshops on wellness and nutrition

Fitness Coach & Wellness Advisor

Wellness Inc. | June [Year] - December [Year]

Key Achievements:

- Designed and led a corporate wellness program for a major client, seeing a 25% reduction in employee absenteeism.
- Established partnerships with local health food providers for client discounts.

Responsibilities:

- Provided one-on-one coaching sessions
- Developed and taught group fitness classes

Junior Fitness Coach

Fitness Frenzy Gym | January [Year] - May [Year]

Key Achievements:

- Assisted in the development of a youth fitness program, attracting 50 new underage members within the first quarter.
- Participated in gym events, enhancing community engagement.

Responsibilities:

- Assisted senior coaches in training sessions
- Maintained gym facilities and equipment

Education

Bachelor of Science in Exercise and Sports Science

University of Melbourne | [Graduation Date]

Technical Skills

Coaching:

- Boxing Coaching (Level One, Australian Accreditation)
- Group Fitness Instruction
- Personal Training Methodologies

Wellness:

- Nutrition Planning
- Mindfulness and Meditation Techniques
- Stress Management

Empowerment:

- Motivational Speaking
- Leadership Development
- Community Engagement Strategies