

# Ben Stephens

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## Skills

- Excellent communications skills gained from several years as a Personal Trainer and Group Fitness Instructor
- Good at both working in and managing a team, developed through managerial positions in my last two roles as a Studio Manager and Head Trainer
- Browser Based technologies (HTML, CSS, Javascript, JQuery)
- Deployment (Heroku & Git)
- Database Languages (MySQL, MongoDB)
- Serverside Development through (Node.js, Express, MERN Stack)

## Education

### Monash University, Online

May 2020 - October 2020

Cert III Group Fitness

### Australian Institute of Fitness, Wheelers Hill

January 2014 - June 2014

Cert IV Fitness – Senior First Aid, CPR, Business Management

Cert III Group Fitness

### Wantirna College, Wantirna

Feb 2007 - October 2007

VCE

- Software Development
- Business Management
- Math Methods
- Chemistry
- English

## Experience

### **Monash University— *Various Group Projects***

May 2020 - October 2020

- Project 1 - Website featuring Exercise API
  - Group Presentation - Technical and Non Technical Discussions
  - Use of Several Technologies - HTML, JQuery, API calls, CSS Frameworks
  - Project Management - Through Github Projects
  - Deployed to Heroku
- Project 2 - Chat Application using Socket.io
  - Features Group And Private Messaging
  - Secure Login Managed through a MySQL Database and protected using Passport Node Package
  - Store and Update Profile Information in User Profile
  - Ability to upload .img files for a Profile Image, includes check to make sure only types of image files (png, jpg, jpeg, ect)

### **F45 Mount Waverley — *Head Trainer/Studio Manager***

October 2017 - Current

- Studio Manager
  - Organising Staff Roster
  - Phone Call/Text Messages to Absent/Sick clients
  - Organising Social and Gym Based Events
  - Regular Use of Business Software
  - Sale Of Memberships/ Merchandise
- Head Trainer
  - Training and supporting new PT's
  - Providing Ongoing Support To Challenge Clients
  - Maintenance of Studio and Gym Equipment

### **MC Fitness, Wantirna — *Head Trainer/Small Group PT***

October 2015 - June 2017

- Head Trainer
  - Manage Class Routines, Exercise Type and Duration
  - Meet with Clients to Discuss Goals And Plans for Challenges
  - Training new PT's
  - Management of Class Times and Employee Rosters
- Receptionist/Secondary Trainer
  - Proper Warmup And Cooldown Routines
  - Correct Technique

## **Genesis, Wantirna — *Personal Trainer***

July 2014 - February 2016

- Group Fitness Classes
  - Cycle, Boxing, Roller Flex, HIIT
- Personal Training
  - One on One, Two on One.
- Gym Floor
  - Welcome Members , Cleaning, Writing Basic Programs

## **References**

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