

LOUISE LYNDSØ THOMSEN

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Born: July 10, 2000

Nationality: Danish (with a Swedish mother)



Work Experience

Gymnastics instructor at Lyngby Gentofte Gymnastik (Aug 2014 – Mar 2020)

Positions

- Minitræner (Aug 2014 – Jun 2015) – In the beginning of my coaching career I volunteered as a mini coach so I could learn the basics before taking on more responsibility. (springgymnastik)
- Hjelpeinstruktør (Aug 2015 – Jun 2016, Aug 2017 – Jun 2018) – As an Assistant Coach, my responsibility increased, and I took several courses (Dansegymnastik & akrobatik)
- Cheftræner (Aug 2018 – Jun 2019) – As the Chief coach, I had full responsibility of my team which included making the routines and planning the programs. This job required a specialized course which is described under the category "courses". (rytmisk gymnastik)
- Assistenttræner (Aug 2019 – Mar 2020) – As the Assistant Coach I was the right hand of the chief coach and handled difficult situations that might appear when working with kids. (rytmisk gymnastik)

Results & experience:

- Teaching and coaching skills
- Social skills
- Planning programs weekly
- Management skills
- Handling difficult situations that might appear
- Planning gymnastic routines for shows

Goal

My goal is to gain work experience in different areas during my gap year.

Mentor at Videnskabsklubben (Sep 2018 – Nov 2018)

During my High School education, I was offered to be a mentor through a science club. For three months, I volunteered as a mentor once a week, teaching kids about evolution and primates.

Results and experience:

- Teaching and coaching
- Motivation and guidance of younger kids
- Management skills (including planning and project management)
- Understanding and use of pedagogical and didactic learning techniques
- Dissemination of material for 4-5 year primary students

Waitress at a wine bar/restaurant in Gothenburg called Faye Emmy (Sep 2020 - Nov 2020)

After I successfully finished High School I decided to move to Gothenburg, Sweden. During my time in Sweden I worked at a wine bar/restaurant where I learned a lot about what it takes to run a business during hard times (COVID-19) and generally how to serve and be disciplined.

Results and experience:

- Waitressing and customer service
- Organization
- Learning the Swedish culture and language
- Independence
- Adaption and flexibility

Education

Aug 2006 - Jun 2016 : Primary School 0-9th grade, Gentofte Skole (Gentofte, Denmark)

Aug 2016 – Jun 2017: Boarding School, 10th grade, Ringe Efterskole (Ringe, Denmark)

- Major: Sports and Gymnastics

Aug 2017 – Jun 2020: High School, Gammel Hellerup Gymnasium (Gentofte, Danmark)

- Grade point average: 10,9 (B+)
- Major in Biotechnology, Mathematics and Physics

Courses

In connection with my coaching career I took several courses as a part of my education and development as a coach. Find a list below of the different courses and key contents.

- Nov 11 - 2014: Hjælpeinstruktøruddannelse 1 (Assistant instructor training part 1) – DGI gymnastik, The purpose with the course was to achieve skills as a gymnastics instructor. The contents and results are formed in the following key words: Movement, creativity, music, didactic, the playful human being, the body as tool.
- Nov 15 – 2015: Hjælpeinstruktøruddannelse 2 (assistant instructor training part 2) – An extension of the course described above with the same contents.
- Jun 16-17 – 2018: GymTræner 1 – Basis (Gymnastics trainer basics) – GymDanmark, The purpose with the course was to build a fundament for my basic skills as a coach. The contents and results are formed in the following key words: Anatomy, physiology, development stages for children, injuries, motoric.
- Sep 7-9 – 2018: Gymtræner 1 – Specialdel, Rytmisk gymnastik (Gymnastic Coach specializing in rhythmic gymnastics) – An extension of the above but specializing in rhythmic gymnastics.

Languages

Danish
Native



Swedish
Nativ



English
Fluent



German
Intermediate

