



THOMAS JAMES HUBBINGTON

FRONTEND SOFTWARE ENGINEER

Passionate personal trainer transitioning to software engineering. Pursuing a frontend web development certification, expected April 2024. Proven problem-solving skills, adaptable mindset, and collaborative nature. Committed to continuous learning in programming languages and methodologies. Strong communicator with a talent for motivating others.

PERSONAL DETAILS

Date of Birth: 19 August 1991
Nationality: British
Availability: 4 Weeks Notice

📞 0798 219 6912

✉️ tj_hubbard@icloud.com

📍 E3 2NP

EXPERTISE & SKILLS

HTML



CSS



Javascript



Git



Leadership Skills



Effective Time Management



Ability To Work In A Team



Logical Thinking



Creative Problem Solving



Attention To Detail



Self-development



Helping Others



Coaching & Mentoring



Novice Beginner Skilled Experienced Expert

WORK EXPERIENCE

Personal Trainer

Equinox Bishopsgate | November 2021 - Present

- Conducted almost 200 consultations with prospective clients to ensure client suitability for tailored programmes, enabling successful onboarding of 35+ new clients delivering in excess of 1,200 one-to-one sessions.

- Performed extensive health screenings to provide tailored plans resulting in 35+ clients achieving increased health metrics such as improved body composition, increased strength and improved endurance.

- Leveraged communication skills to establish one-on-one relationships with clients, weekly and monthly progress reviews for 35+ clients, ensuring ongoing satisfaction and identifying areas for improvement, driving a 77% customer retention rate.

- Gained promotion through twice, first through a 12 week and second through a 5 month education syllabus, meeting and exceeding brand standards for programming and nutrition and service delivery whilst meeting session delivery targets consistently.

Personal Trainer

Fitness Space Wapping | April 2021 - January 2022

- Client consultations & Onboarding: arranging consultations with prospective clients, establishing rapport, and assessing client suitability for programmes. Sending client contracts, agreements as well as medical questionnaires, taking payments and arranging assessments.

- Client health assessments: nervous-system tests(breathing, visual and proprioception), movement screenings (motor patterns, body movement vs space & postural alignment with movement), muscular function tests as well as standard nutrition, fitness and lifestyle assessments.

- Programme building & delivery: collating assessment information, building nutrition and wellness plans accordingly. Delivering programme to clients and adapting based on progress/needs.

- Group based classes: above and beyond individual programmes; designed and delivered group-based classes for approx 15 people.
- Ad Hoc: assisted owner with any Adhoc studio tasks and admin; i.e. opening/closing studio, client payments, enquiry response & customer service, and studio maintenance.

EDUCATION

General Assembly

Front-End Web Development Short Course
Due To Complete April 2024

Precision Nutrition

Precession Nutrition Level 1 Certification
Completed November 2022

Premier Global

Diploma Level 3 Personal Training
Diploma Level 2 Fitness Instruction
Graduated November 2014

Loughborough University

BSc Chemistry
Second Class Degree (Lower)
2009 - 2013

Enfield Grammar School

Business Studies. Chemistry, Maths
2001 - 2009

REFERENCES

References will be provided upon request.

Health Coach

TJ Hubbard Ltd | September 2017 - March 2018

- Marketing & Engagement: creating & posting content across social platforms. Attaining speaking opportunities at local events, and engaging with potential clients on either social media or face to face at above mentioned events.
- Client Relationships: attaining, building and managing relationships with clients. Ensuring regular communication. Demonstrating expertise in my field(s) striving to impact and influence client behaviour based on their needs.
- Sales: extending invitation of services; conducting consultation to confirm if a working relationship can be established. Client onboarding; Terms & Conditions and closing.
- Assessment Process: Audit of clients overall health practices (diet, exercise, lifestyle & environments)as well as behavioural patterns (belief systems, values, philosophies and roles)- allowing me to build a tailored programme based on client's goals.
- Programme Delivery: Scheduling & maintaining regular communication with clients; adapting programme based on client's progress & shifting circumstances; assisting client in setting up strategies to reach goals more efficiently and maintain long term.

Transformation Coach

Dax Moy Personal Training Studio | June 2016 - September 2017

- Marketing: Distribution of all print media in local area as well as creation & distribution of online content.
- Client consultations & Onboarding: arranging consultations with prospective clients, establishing rapport, and assessing client suitability for programmes. Sending client contracts, agreements as well as medical questionnaires, taking payments and arranging assessments.
- Sales: as part of consultation process, needed to engage with and close clients. Conversion rate of 80% ; to the value of £28,000 pa.
- Client health assessments: nervous-system tests(breathing, visual and proprioception), movement screenings (motor patterns, body movement vs space & postural alignment with movement), muscular function tests as well as standard nutrition, fitness and lifestyle assessments.
- Programme building & delivery: collating assessment information, building nutrition and wellness plans accordingly. Delivering programme to clients and adapting based on progress/needs.
- Group based classes: above and beyond individual programmes; designed and delivered group based classes for approx 15 people.
- Ad Hoc: assisted manager with any adhoc studio tasks and admin; i.e. opening/closing studio, client payments, enquiry response & customer service, and studio maintenance.

Miscellaneous Roles

ASSISTANT MANAGER	Southgate Hockey Centre, Enfield, UK
WINDOW CLEANER	Buckets & Bubbles, Harpenden, UK
FITNESS INSTRUCTOR	Nuffield Health, Enfield, UK
PERSONAL TRAINER	Virgin Active, Enfield, UK
PERSONAL TRAINER	David Lloyds, Kensington, UK
ACCOUNT EXECUTIVE	4MAT.COM, Bishopsgate, UK