

CURRICULUM VITAE

NAME: Lisa Jane Ford

DATE OF BIRTH: 12th December 1975

ADDRESS: Loxley Cottage, Northern Woods, Flackwell Heath, Bucks HP10 9JL

TELEPHONE: 01628 522194 mobile 07787 110302

NATIONALITY: British

MARITAL STATUS: Married

EDUCATION:

1987 - 1992 Whitecross Comprehensive School, Church road, Lydney, Glos, GL15 5DZ

1992 - 1994 Gloucestershire College of Arts and Technology, The Park, Cheltenham, Glos, GL50 2RR

QUALIFICATIONS:

1992: GCSEs

Drama & Dance A, A

English Language C

English Literature C

Geography C

French D

Double Award Science B, B

Mathematics C

FURTHER EDUCATION / VOCATIONAL QUALIFICATIONS:

HND Sports Studies

BTEC GNVQ Level 3 in Leisure and Tourism Awarded Merit

NVQ Level 2 Sports & Recreation

NVQ Level 3 Coaching, Teaching and Instructing adults exercise and fitness

R.S.A. Exercise to Music

Pilates Institute Matwork

BarreConcept Instructor

B.A.W.L.A. Leaders Award

C.L.S.A. Coaching Award

National Pool Lifeguard

National Coaching Foundation Award

Shape Step Certification

Advanced Aquarobics Instructor

Deep Water Workout Instructor

Ante and Postnatal Aquarobics Instructor

ISRM Pool Plant Operations

Reebok Flexibility Training

Fit Pro Advanced Nutrition

Holmes Place Personal Training Award

Body Pump Certification

CPR Certification

First aid at work

Focus 1 Fitness Instructors Course

D32 and D33 assessors award

REPS Insured & Certified

WORK EXPERIENCE: 1992 - 1994

Assistant Fitness Instructor, Cloud 9, Ladies Health/Fitness club,
Cheltenham.

Assistant Primary & Physical Education teacher,
Primrose Hill School, Lydney.

Leisure Assistant, Gloscat Leisure Centre,
Park Campus, Cheltenham.

Leisure Assistant, The Links Centre, Swindon.

Outdoor Pursuits Assistant, Plas-Pencelli, Brecon.

FULL TIME OCCUPATION:

July -1994: Aquarobics Instructor, Addington Swimming Pool (Part time)

July 1994 -1995: Studio Co-coordinator / Fitness Instructor, Selsdon Park Hotel,
Leisure Club, South Croydon, Surrey, CR2 8YA.

June 1995 - Aug 1996: Fitness Instructor /Aerobics Instructor for Steiner Transocean.
Ships Include: SS Atlantic, MS Fantasy, MV Oriana and MV Zenith.

Sept 1996 - Aug 1999: Fitness Instructor / Leisure Club Supervisor,
DeVere Bellhouse Hotel, Leisure Club, Oxford Road, Beaconsfield.

Sept 1999 - Dec 2004: Fitness Manager / Personal Trainer,
Holmes Place Plc, Crown Lane, Maidenhead, Berkshire SL6 1QR

Dec 2004 - 2008: Part time lecturing and assessing for Uxbridge College
on Exercise to Music, Personal Training and Gym Instructors courses.

Dec 2004 - Date: Freelance Personal Trainer, Pilates Instructor and Group Fitness Instructor.
Health Clubs i'm currently teaching at include:
David Lloyd Maidenhead, La Roche Maidenhead,
The Marlow Club, Spirit health club, Holiday Inn Maidenhead.

Running BarreConcept Classes at Sir William Borlases and the wild Training studio.

INTERESTS

DANCING: I have a background in Ballet, Tap and Jazz Dance.

ATHLETICS: I have represented my County and Country at 100m and 200m

OTHER INTERESTS: I enjoy travelling and hope to visit all the capitals of Europe before I'm 40, 6 left!
I am a keen skier and enjoy scuba diving and general health and fitness.

REFERENCES: On request