

Change makers
Fun penny 2104492

Cv;
finnjdpenny@gmail.com
Finn Penny
SKILLS

well.

WORK HISTORY

McDonalds Crew Member

Working nightshifts, taking orders and payment at the window and ensuring all equipment was clean and ready for day shift staff upon their arrival.

Alpine Clean Exterior Cleaning Specialist May 2019 - September 2021

Working independently to clean a driveway or patio and in a team cleaning windows being as efficient and productive as possible whilst being friendly and communicative with customers.

Obstacle Training Ground (OTG) Instructor March 2021 - July 2021

Instructing participants on obstacle equipment ensuring correct technique to ensure safety at all times.

EDUCATION

University of Wales Trinity St David (UWTSD)

September 2021 – August 2022

HCert in Personal Training and Sports Massage Level 2 Gym Instructor

Level 3 Personal Trainer award currently working towards

September 2022 – Current

Undergraduate Studying: Sport Science Degree

Cambridge Regional College

September 2019 - May 2021

Sports in Exercise and Health and Fitness. Grade - merit, pass, pass

Bassingbourn Village College, Hertfordshire

September 2014 - May 2019 English grade - 4

Maths grade - 4

Science grade - 4

Construction grade - merit Health and Fitness grade - pass

Personal statement

I am an enthusiastic, reliable, responsible and hard working person showing flexibility in a team and whilst working alone. I am able to work well under pressure and keep to deadlines. I can talk confidently to clients and customers and give and follow instructions.
Otg - demonstrating leadership

I Led a large group of university students with different abilities and sizes in a team building exercise round an obstacle training ground, where I kept them together and got them working as a team communicating and empathising with them and developing their communication and soft skills to keep them safe and engaged. I had be enthusiastic to keep them engaged as some of them were a little scared of some of the obstacles, in preparation I had to make sure the course was challenging enough for the group and safe so the session went as smoothly as possible.

Placement aspirations,

During my placement period alongside currently working at the Cotswold out for store I am aiming to further improve and focus on communication skills and talking to customers as this will greatly aid me towards being a successful personal trainer in the future, I'm aiming to develop the nescasery skills through aiding customers find what they are looking for and advise them on what would appear to suit there needs best, aswell as help customers at the til.