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Leeds, UK

# Sophie Lawson

Enthusiastic and newly qualified Personal Trainer with a passion for health, fitness, and empowering others to lead active lifestyles. Dedicated to creating inclusive, motivating workout environments and tailoring programmes to individual goals. Completed Level 2 Gym Instructor and Level 3 Personal Training qualifications with hands-on practice in assessments, programming, and client interaction.

## Education and Certification

**Level 3 Diploma in Personal Training,**  
Origym Centre of Excellence, UK - 2025

**Level 2 Certificate in Gym Instructing,**  
Origym Centre of Excellence, UK - 2024

**BSc (Hons) Psychology and Sport Science,**  
Leeds Beckett University - 2023

## Skills

- Exercise Technique & Form Correction
- Bodyweight & Resistance Training
- Goal-Based Programming
- Client Motivation & Communication
- Basic Nutrition Guidance
- Adaptability & Teamwork
- Group Fitness Support
- Health and Safety Awareness
- Fitness App & Wearable Tech Use
- Inclusive Training Practices

## Languages

English	Native speaker
Spanish	B1

## Volunteer Work

**Community Fitness Volunteer**  
Active Leeds Community Programmes, 2024 - Present

Assist qualified instructors in running weekly fitness sessions for adults of all fitness levels, including beginners, older adults, and individuals returning to exercise. My responsibilities include preparing session equipment, demonstrating exercises safely, offering encouragement, and monitoring participants' engagement throughout the sessions.

- Contributed to a 25% increase in weekly session attendance by creating a welcoming and inclusive environment.
- Assisted in adapting exercises for participants with injuries or limited mobility.
- Collected participant feedback to help refine future session structure and improve engagement.

## Personal Projects

@SophieMoves (Instagram & YouTube), 2023 - Present

Manage a growing social media presence to share educational and motivational fitness content aimed at beginners. Research, plan, film, and edit short workout routines, mobility sequences, and mindset tips to encourage accessible home training and healthy habits. Respond to messages from followers seeking advice, building my communication skills and fitness knowledge in the process.

- Built an audience of 2,000+ followers through consistent, informative, and relatable fitness content.
- Designed a 4-week beginner home workout challenge that received over 1,500 views and positive feedback.
- Used insights from viewer engagement to improve video structure and increase content reach.