

Thuthu

Coach / governor



South Africa

Personal Information

Date of birth: 01/1993

Nationality: South African

Marital status, own children: single, no children

Was born and raised in the South Africa

Current location: Dubai

Driving license: yes

No smoker, no allergy

Vaccinated from covid-19

About yourself: *I am hard working, and passionate about fitness. I love working with people. I set high goals to challenge myself, drive myself towards achieve them. I am a fast learner, and always open to learning new skills. Being a personal trainer has taught me a lot of patience. I know how to work with different people as well as meeting their needs and wants when it comes to their personal fitness goals. I have been playing tennis since childhood. In 2019 in Kuwait I had a professional training course on teaching tennis. I have worked with children aged 1,5 years old to teenagers. I have been teaching children playing tennis, soccer, boxing, athletics and PE, playing sports safely and properly. Coaching has taught me how to work well under pressure, and get things done on the clock. It has taught me how to equally divide my attention amongst many individuals, allowing the session to still feel like a one-on-one.*

Education

Dec 2021: National CPR foundation

First-aid, CRR, AED, Injury and universal precautions certificate

Child protection for tutors certification

Oct 2016: Shaw Academy

Health & Fitness Certificate

Athlete Management (Sports Agent/Coaching)

Oct 2014: Sports Management worldwide

Athlete management soccer, certificate

2011: Merensky High School

Grade 12 / Aggregate Symbol: Bachelors

Working experience

Nov 2021 – until present: Private coach, Dubai

- Work as a tennis coach and a soccer coach as well as a fitness coach
- Age of learners is from 3 years old to 9 years old, also teach adults
- Work on physical development of children, teach them rules and proper techniques of playing tennis and soccer
- Teach safe and effective exercise to improve body shape and keep fit and healthy

Dec 2022 – Nov 2024: Governor for the 2 boys aged 4 and 5, Dubai, Palm Jumeira Employed by the agency English Nanny

- Worked with the family staying in Dubai for holidays
- Did sport with the boys, physical education
- Develop they boys, play with them
- Practicing English

Nov 2022 – Nov 2023: Governor for the girl 4 years old, Dubai Employed by the agency English Nanny

- Worked with the family staying in Dubai for holidays
- Teaching English through games, playing, reading, entertaining the child
- Swimming, physical development

2022: Sports coach, Little Legends, Dubai

- Age of children 1,5 years - 9 years old
- Coaching Tennis, Soccer, fitness trainer, physical education

2019 – 2020: Fitness Coach | Rafael Nadal Tennis Academy Kuwait

- Had a professional training on teaching playing tennis
 - Taught children aged from 3 to teenagers
 - Fitness Trainer
 - Body Pump Instructor
 - Ensuring equipment is well maintained
- Left to South Africa because of pandemic

2018 – 2019: Fitness coach, Holiday Inn Kuwait | Edge Gym

- Don't Fear Change – Founder
- Personal Trainer
- One on One Sessions
- Group Fitness Classes
- Spinning Classes

2016 – 2017: Conditioning/ Fitness Coach | Mthatha City Football Club

- Conditioning
- Fitness Classes
- Gym Instructor

2015: Soccer Coach | Frans Du Toit High School

- Coaching
- Leader

2014 – 2016: PE Teacher | Hillside Combined School

- Was a physical education teacher to children aged 7-19
- Also worked as a soccer, hockey and athletics tutor after school

Additional information

English – native

Excellent references available on request
