Victoria Bates
#23 - 9 Buttertubs Drive, Nanaimo B.C. V9R 3X8
236 953 2274 - Victoriacbatess@gmail.com

[October 21,2024]

Attention

I am eager to apply for a position within your organization. With a strong passion for fitness, wellness, and personal growth, I am excited for the opportunity to gain hands-on experience in a dynamic and inclusive environment like Swift Health. Your client centered practice with an emphasis on cultural competency aligns perfectly with my career experience and professional aspirations, and I am optimistic about the chance to collaborate with your team. During my internship with the women's group training program, I successfully applied my knowledge in kinesiology to design and implement engaging fitness programs that met the needs of various skill levels. Completing an 80-hour coaching practicum, challenged me to educate clients on maintaining essential skills which helped me refine my ability to adapt instructions to various knowledge backgrounds. Leading community drop-in sessions and coaching over 200 women has significantly enhanced my communication abilities, allowing me to connect effectively with clients and deliver clear, actionable guidance.

In addition, I have led physical education programs for elementary students, emphasizing teamwork and sportsmanship. My extensive volunteer work at the Nanaimo Women's Shelter has equipped me to navigate sensitive situations involving physical and mental health challenges. I prioritize providing thoughtful, compassionate care, striving to empower clients to overcome disabilities, fatigue, and pain while fostering their independence to improve their overall quality of life. My knowledge of the human body, exercise physiology, and motor learning processes allows me to implement effective intervention strategies for both clinical and non-clinical populations, from aging adults to those managing conditions like obesity, diabetes and cardiovascular disease. I am confident that my background in program development, leadership, and client engagement will allow me to contribute meaningfully to your team.

Thank you for considering my application. I would love the opportunity to further discuss how my education and experiences align with the goals of Swift Health. I am available for an interview at your convenience and can be reached at 236 953 2274 or victoriacbatess@gmail.com. I look forward to hearing from you.

Sincerely,

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**Objective**: Seeking a role within your establishment providing exceptional client care.

**Highlights**

- Successfully completed an internship with a women's group training program.
- Fulfilled an 80-hour coaching practicum providing gym focused personal training.
- Instructed 60 elementary school children through the rules and game play of Ultimate Frisbee.
- Amassed 210 volunteer hours supporting The Nanaimo Women's Shelter.
- Facilitated community drop-in training sessions for women of all fitness levels and abilities creating an inclusive environment.
- Refined my communication, time management and organizational skills over fifteen years in the service industry with positions ranging from cashier to business owner.

**Theoretical Knowledge**

- Adept in the functions and structures of the human body, including muscle tissues, the physiological effects of exercise, and their implications for overall health and fitness.
- Implement intervention strategies to enhance athletic performance and physical activity through psychological theory and concepts.
- Skilled in managing diverse personalities and applying the Diagnostic and Statistical Manual of Mental Disorders criteria to provide tailored support, while enhancing client well-being through effective communication and empathy.
- Qualified to de-escalate high risk situations, provide emotional support, and equip others with conflict resolution tools to promote positive interpersonal relationships.
- Conduct evidence-based client screenings and assessments, program design, and progression for both non-clinical and select clinical populations experiencing obesity, diabetes, various cardiovascular diseases, and age-related conditions.
- Proficient in concepts related to how movements are coordinated and learned, the processes of motor skills development and the stages of motor learning.

**Physical Education and Fitness Skills**

- As a sole proprietor, lead group fitness classes to inspire women in the community to stay active, while highlighting the importance of regular exercise for aging adults.
- Instructed live follow-along work out classes for a private fitness community with over 2,500 members.
- Guided peers through a series of mobility and balance-focused activities, designed to promote improved flexibility, stability, and general functionality.

- Directed the gameplay of ultimate frisbee, ensuring organization and fair play, while motivating and engaging 60 elementary students to actively participate.
- Oversaw the fitness development of clients while fostering a positive environment that encourages growth and achievement.
- Coached and mentored over 200 women, providing personalized guidance and support to empower them in achieving their fitness goals.

**Leadership and Program Development**

- Developed a comprehensive library of workout programs tailored to meet all fitness levels, accommodating both home and gym settings, with bodyweight options for clients who have limited or no equipment.
- Curate custom fitness programs tailored to each client's needs and restrictions, providing clear, actionable steps to help them start from the fundamentals.
- Facilitated a supportive environment that encouraged open, honest discussions to promote personal growth and self-improvement.
- Provided personalized support to coaching participants, empowering them to create lasting personal change by adopting healthier daily habits.
- Actively promotes teamwork, sportsmanship, and a fun, inclusive environment that welcomes all skill levels.
- Hosted engaging fitness challenges that attracted over 100 participants, fostering community involvement, healthy competition and personal achievement.

## Education and Training:

Bachelor of Arts Degree — 4th year standing
Vancouver Island University
Nanaimo, BC

Community Support Certificate — 2019
Vancouver Island University
Nanaimo, BC

Business Management Diploma — 2016
Sprott Shaw College
Nanaimo, BC

## Work Experience:

Focused Fitness — 2022 - Present
Owner, Head coach
Nanaimo, BC

Authentically Fit — 2021-2022
Personal trainer
Nanaimo, BC

Vivacious Beauty — 2020 - Present
Owner, Lash technician
Nanaimo

Shaw Cable Systems — 2017-2020
Technical Service Representative
Nanaimo, BC

**Volunteer Work:**

Fitness classes
Mama's for mama's
Nanaimo, BC

Coordinator Assistant
Nanaimo Women's Center
Nanaimo, BC

Product distributor
Loaves and fishes
Nanaimo, BC

References available upon request.