

Chantelle Gaugeler

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PROFESSIONAL SUMMARY

Dynamic professional with a proven track record of reaching clients goals. Working together to become the best "you" whilst working on strength, fitness and overall well being. Skilled in identifying and capitalizing on opportunities, to make sessions fun, enjoyable and plan further in remaining fit. Able to work cross-functional with focusing on nutrition. Strong communicator and able to allow my clients to feel comfortable whilst building their self esteem. Passionate about achieving goals, driving success, and exceeding client expectations.

SKILLS

- Conducting fitness assessment to understand fitness levels and goals
- Designing customized and interactive training programs
- Provide one-on-one training sessions
- Offering guidance on lifestyle changes and wellness trends
- Communication
- Nutritional guidance
- Strength advice and stability movements
- Customer Relations
- Dedication and forward thinking
- Making training fun and a way of life
- Relationship Management

EDUCATION

ISSA - Certified Personal trainer

Health Education in Personal training , 2022 - 2023

Stanford University - California, United States Of America | Certificate

Health Education in Nutrition , 2021

Swimming and Fitness trainer

Health educator in swimming and group training 2020

Sports massage and reflexology

Trigger sports 2019

WORK HISTORY

Personal Trainer Fit Squad | 07/2023 to Current

Witisi Sport GmbH - Germany - Remote

- Conducting fitness assessments with family members to understand fitness levels, goals and medical considerations
- Designing customized and integrative training programs to match client's goals and lifestyle
- Providing one-on-one trainings sessions, group sessions and yoga classes
- Regularly monitoring client's progress, tracking results and adjusting programs accordingly
- Offering guidance on lifestyle changes, wellness trends and and factors contributing to sustainable healthy lifestyle

Swimming and Fitness trainer | 07/2021 to 07/2023

Austria

- Teaching learn to swim to children aged 2-7
- Teaching learn to swim to adults
- Running swim squads for children on professional level for competitions
- Giving water aerobics to build strength and fitness
- Conducting HITT classes
- Leading STEP classes

Group Sessions Health and Racquet | 01/2018 to 02/2021

South Africa - Johannesburg Gauteng , South Africa

- Working as a spinning instructor
- Conducting STEP classes.

MARKETING AND OPERATIONS MANAGER | 06/2016 to 12/2018

Discovery Holdings - Johannesburg Gauteng , South Africa

- Implemented process improvement to shape organizational culture, optimize procedures for higher efficiency and help company evolve and grow.
- Introduced new methods, practices, and systems to reduce turnaround time.
- Devised processes to boost long-term business success and increase profit levels.
Developed comprehensive event plans, including timelines, budgets, and resource allocation.