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<https://blog.chaufit.com>

Profile

- Focused, Extremely Motivated, Driven to Excel
- Willingness to learn.
- Sound interpersonal and communicative abilities.
- Strong drive to help those who need it

Education

- 2019 – Diploma in Advanced Massage Therapy (UWI Open Campus)
- 2017 – Attained rank of Graduado in Capoeira Camará - TT
- 2017 – Diploma in Therapeutic Massage (UWI Open Campus)
- 2016 – Diploma in Introduction to Massage Therapy (UWI Open Campus)
- 2015 – TT Defense Force Physical Training Instructor Diploma
- 2013 – PT certification from *American Muscle & Fitness Personal Training Institute*
- 1999 – Peer Counseling/Facilitator Course with Families in Action

Experience & Accomplishments

- 2020 - Present – **Online Capoeira Teacher** → Capoeira Camará - TT
 - Conducting online Capoeira classes via Zoom
- 2020 - Present – **Online Fitness Facilitator** → ChauFIT
 - Conducting Fitness Classes (including flexibility sessions) via Zoom
- 2016 - Present – **Massage Therapist** → Body Therapy by ChauFIT
- 2012 - Present – **Fitness Instructor/Consultant** → ChauFIT
 - Regularly help people change their personal outlook and bolster their self-esteem
- 1999 – **Peer Facilitator** → Families In Action (FIA)
 - Successfully conducted Counselling Sessions and Peer Facilitator training at St. Jude's Home for Girls on behalf of FIA

Hobbies

- **Music**; Played the tenor pan for multiple bands from 2000-2013
- **Martial Arts**; Capoeira with Capoeira Camará
- **Sports**; Table Tennis, Cricket, Lawn Tennis, Swimming