

**KERWIN AFABLE MEILY**  
Unit 1526 Corinthian Exsicutive Regency  
7 Ortigas Ave Ortigas Center  
Pagsig City Metro Manila  
1600 Philippines

Tel: +639178420525

E-mail: [kermeily@hotmail.com](mailto:kermeily@hotmail.com)

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**Work Experience:**

- 1. PERSONAL TRAINER - Gold's Gym Philippines(August 05,2011-Present)**  
**SPINNING INSTRUCTOR**  
**GROUP CLASS FITNESS TRAINER**  
**SWIM HEAD COACH (TRIATHLON)**
  - *Motivating clients and team members*
  - *Assisting clients in breathing exercises*
  - *Identifying specific training needs*
  - *Applying first aid procedures*
  - *Constructing instructional programs*
  - *Leading various recreational activities*
  - *Monitoring and communicating client progress*
  - *Demonstrating each physical activity*
  
- 2. SWIM COACH - SWIM EASY & AQUATIC LEARNING UNITED KINGDOM 2006 - 2010**
  - *Motivate students (children and special kids)*
  - *Teach swimming from basic to advance*
  
- 3. PERSONAL ASSISTANT - Matthew Boyle, Edinburgh Scotland, UK - December 12 2007 - August 26 2010**
  - *Escorting the employer to destinations, e.g, when shopping, going to gym and socially interacting.*
  
- 4. ROOM SERVICE - BALMORAL HOTEL, Edinburgh Scotland, UK - December 8 2006 - August 26 2010**
  - *Provides efficient and courteous service to guests following the highest standards of Balmoral Hotel operation in food and amenities delivery.*
  
- 5. RECEPTIONIST/PORTER/Waiter - Grange Hotel, London, UK - February 2006 - October**
  - *Provides efficient and courteous service to guests following the highest standards of Grange Hotel operation. Maintains the cleanliness and orderliness of the working areas and equipment in the restaurant and back office.*

**6. LIFEGUARD - Dusit Hotel Nikko, PHILIPPINES - May 2004 - September 2004 (Regular Employee)**

- *Ensure the safety of all hotel guests and health club members using the swimming pool, administer CPR ( Cardio Pulmonary Resuscitation )and first aid in case of emergency*
- *Responsible for providing efficient and courteous service to guests following the LST Manual. Highly familiar with all food and beverage items including its preparation and presentation. Maintains the cleanliness and orderliness of the working areas and equipment in the restaurant and back office. Ensures that cashiering policies and procedures are observed at all times.*

**7. FRONT OFFICE PERSONNEL - ESSENSUALS Toni & Guy Hair Salon , PHILIPPINES - February 2004 - May 2004**

- *Attended walk-in clients and phone-in enquiries.*
- *Booking clients for sessions which involve confirming and checking client's availability*
- *Upsell different products and services offered in the salon*
- *Cash handling*
- *Ensures high standard of quality customer service*
- *General administration duties*

**8. LIFEGUARD - Dusit Hotel Nikko , PHILIPPINES - June 1, 2003 - October 2003 (Contractual Employee)**

**LIFEGUARD/WAITER - Mandarin Oriental Hotel , PHILIPPINES - Oct. 2002 - April 2003**

**PRIVATE SWIMMING INSTRUCTOR - 1992 - Present**

**TELEMARKETER - PHILIPPINE ESTATE ECO-CENTRUM - 1998**

- *Calling and informing clients about the different products that the company offers*
- *Gives information regarding company profile to prospective customers*
- *Handles general administration duties which include basic operation of fax machine, Windows operated computer, cash machine, etc.*

**Education:**

**September 2006 - 2008**  
**Napier University, Edinburgh, United Kingdom**  
**BSC (Honors) in Sports and Exercise Science**

**Certifications:**

**TRX**

**MADDOG**

**Ripped60**

**Precision Cycling**

**Core and Floor**

**ASCA (American Swimming Coaches Association) Certified (2018 Penang Malaysia) Levels 1, 2 & 3**

**Personal Achievements:**

- Competing in Open Water Swim local and international, Full and Half Marathon
- Athlete (Team Captain in Men's club crew team in Dragon boat 1998-2002)

**Philippine Team Athlete:**

- Macau International Dragon boat 2013 (4th overall)
- National Athlete of Philippine Dragon Boat Federation, joined World Championship 2013 in Szeged Hungary. (Won 4 medals, 2 silvers & 2 bronzes)
- Macau Asian Games 2014 (1 silver & 1 gold)

**Hobbies and Interests:**

**Swimming; Rowing; Weight training; Water Polo; Wall and Mountain Climbing; Photography; Travel; Movies and Plays**

**Reference:**

**Available upon request**