



北京文博志华国际教育科技有限公司

Verbal Education China

The Foreign Teachers' CV

简历编号: 201801003

- Name: *Filipe Valent*
- Nationality: *British*
- Gender: *Male* • Age: *25*
- Graduated From: *Ulster University*
- Degree: *Foundation degree*
- Certificate: *120 hour TEFL certificate*
- Skills: *Microsoft Word, PowerPoint, Publisher, Excel, Internet*



• Education experience

◆ June 2017

Ulster University

Foundation Degree in Sport and Exercise & Fitness

◆ 2009-2010 Estarreja Secondary School

• Working experience

◆ Aug 2015- present



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Lisburn Leisureplex

Casual Health and Fitness Officer

Responsibilities:

Be responsible for the delivery of personalised health and fitness programmes for customers ranging from 14 years old to senior citizens. plan programmes for individuals for specific injuries, disabilities or other health issues.

Be responsible for coaching and planning classes, including spinning, circuits, Tabata, HIIT, core and kettlebells.

◆ April 2013- June 2015 International House

Part time English teacher

Responsibilities:

Preparing lessons in advance, creating and modifying teaching materials to meet the needs of the students. Focusing on improving the student' s grammar, listening, speaking, reading and writing skills.

• **Comprehensive evaluation**

I' ve had a passion for teaching sports since a young age and my enthusiastic, self-motivated, reliable and hard-working personality have



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enabled me to achieve this goal. I have over six years' experience teaching and mentoring teenagers and adults in a sports environment. I have completed a Foundation Degree in Sport, obtaining a 1:1 (First). I have also completed a three year course on Social Aid, which allowed me to work with children and adults in vulnerable situations. Furthermore, I have been delivering private English lessons for Portuguese people who live in Northern Ireland. This has been a very valuable experience as it has allowed me to develop my time management and organisational skills as well as my skills of lesson planning and differentiating my lessons to meet their individual needs. I am passionate about travelling, enjoy meeting people from various cultures and I embrace new challenges. I have the ability to work well in a team environment as well as using my own initiative. I feel that I have a pleasant disposition and friendly nature which allows people to feel at ease around me.

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外教简历

•姓名:Filipe Valent

国籍:British



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- 性别: 男 •年龄 : 25
- 毕业院校: 阿尔斯特大学
- 学历: 专科 •相关证书: 120 hour TFEL certificate
- 技能: 熟悉办公软件

•教育经历

2013-2017 年, 英国阿尔斯特大学

•工作经历:

1. 2015 年 8 月-今 在 Lisburn Leisureplex 担任健身训练主任一职

岗位职责: 负责为从 14 岁到老年公民的客户提供个性化的健康和健身计划。为具体的伤害、残疾或其他健康问题制定计划。负责指导和规划课程, 包括旋转、电路、Tabata、HIIT 等。

2. 2013 年 4 月到 2015 年 6 月在 International House 担任兼职英语教师一职

岗位职责: 提前准备课程, 创建和修改教材以满足学生的需要。注重提高学生的语法、听力、口语、阅读和写作能力。

•评语

有很强的人际沟通能力, 有责任心, 乐于挑战新事物, 工作严谨细心, 经验丰富, 对中国文化很感兴趣, 喜欢和孩子相处, 教学经验丰富, 善于调动课堂气氛。

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