****

 **Eimear Naughton**

Date of Birth: 28/12/88

**EDUCATION**

**2013:** TEFLINK, Certificate in TEFL and TESOL. Completed The Master 140 Hour TEFL Course. Grade: Merit

**2008-2012:** Institute of Technology Blanchardstown, Dublin 15

**B.Sc degree in Sports Management and Coaching**

Degree covering fundamentals in sports coaching and business areas such as Sports Marketing, Sports Club Operations Management, Event and Leisure Management, Special Populations, Accounting, Strategic Planning, Performance Analysis, Speed and Agility, Personal Training, Sports Participation Development and Elite Coaching.

**Tasks:**

* Presentations
* Daily teamwork
* Task delegation
* Research & analysis
* Meeting deadlines
* Coaching

Results: 2.1

**Skills in:**

* Research
* Presenting
* Communication
* Time management
* Leadership
* Teamwork

**2007-2008:** ITEC, Greenhills Road Tallaght.

Diploma in Fitness Instruction and Personal Training

**2001-2007**: Loreto High School, Beaufort, Rathfarnham, Dublin 14.

**1993-2007:** Divine Word National School, Rathfarnham, Dublin 16.

**WORK EXPERIENCE**

***Coaching Children’s Basketball***

**Rathfarnham, Dublin 16**

September*2006-Present*

* Coaching primary school children, teaching the fundamental skills of basketball
* Teaching the ABC’s of fitness (Agility, Balance and Coordination)

***ITRA (Irish Tag Rugby Association)***

**Dun Laoighre, Dublin**

*May 2012-September 2012*

***Venue Manager***

* Greeting and registering Teams
* Responsible for smooth, punctual running of events
* Dealing with up to 200+ players and their first aid issues, complaints, rules and regulation queries etc.
* Arranging referee documentation before & after each event
* Taking photos and writing weekly match reports
* Inputting results on ITRA website

***Energie Fitness***

**Rathfarnham, Dublin 16**

May *2008 – June 2011*

***Fitness Instructor and Reception staff***

* Screening client’s fundamental and functional movement, fitness testing, designing and monitoring programs
* Planning and delivering classes (Spin, aqua, fitball, lifting, aerobics)
* General administration of classes and costing
* Working towards achieving monthly targets in a fast-paced environment
* Taking inbound calls daily, handling complaints & providing superior customer service
* Making outbound calls to customers daily

**TVP charity (The Volunteer Project)**

*May 2011*

* Volunteered with TVP charity in Tanzania for two weeks from May ‘11.

*Roles included:*

* Teaching English
* Building Netball and Volleyball court
* Painting orphanage
* Fitness testing and providing education on fundamental testing
* Advice on nutrition and healthy living

**ABILITIES/SKILLS**

* Good knowledge of computers:
	+ Highly competent in the following packages: Microsoft Word, PowerPoint, Excel, Outlook, Access, Email.

* Committed and self-motivated individual with passion and drive
* Excellent communication skills, written and verbal
* Multi-tasking
* Ability to provide outstanding customer service with enthusiasm and positivity
* Strong team-player
* Work well under pressure
* Close attention to detail

**ACHIEVEMENTS**

* Represented Ireland for Basketball for U16, U18 and U20 European championships achieving 38 caps. Playing in many countries including Belgium, Poland, Italy, Portugal and Luxembourg.

**REFEREES**

 **Neville Charles Denise Martin**

 Basketball Coach and PE teacher, Lecturer ITB,

 Loreto High School Beaufort, Institute of Technology,

 0872742002 Blanchardstown,

 0863142358