

ROBYN SUTTOR CV

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www.familyfit.com.au

0414 328 828

PROFESSIONAL INFORMATION

AUSactive – Registered Exercise Professional Level 3 - Registration Number- 006052

Network Member – Personal Trainer – No 130673

Industry Fitness Insurance - Marsh-609/9028505/FIT- since 2008 to current (UMR No: B0509IA030214 Certificate No: 609/02136/FIT2 The Assured: Robyn Suttor Family Fit

Senior First Aid (Provide, First Aid HLTAID003, Provide Basic Emergency Life Support HLTAID002, Provide Cardiopulmonary Resuscitation HLTAID001) – **CBD College**, Ref V6000360

CPR – CBD College

National Police Check – No 1985254

Working with Children Check – WWCO488013E – Exp 17/09/2024

Accredited Athletics Coach – Athletics Australia – Accreditation Number – 9362

Certificate of Registration of Business Name – Family Fit –Registration No. – **BN98297275**

ABN 63 362 250 899

WEIGHT MANAGEMENT, WELLNESS & NUTRITION

Lakshmi Voelker Chair Yoga Teaching Chair Yoga: Sitting Mountain Series – 32 Hour Teacher Certification – 27th Dec 2021

Level 2 Wellness Coaching- Foundations of Wellness Coaching - Wellness Coaching Australia – 21-2085 – 11th June 2021

Level 1 Wellness Coaching- Foundations of Wellness Coaching - Wellness Coaching Australia – 21-1095 – 17th May 2021

How Personal Trainers Can Give Nutrition Advice – FEO –0494FA - 2nd June 2020

Cracking the Female fat loss Code – AFN – 25th May 2020

Tai Chi 73 Forms – Dr Paul Lam – 2017

Tai Chi for Energy – Instructor / Leader’s Course -Dr Paul Lam – 2015

Tai Chi for Energy 2 – Dr Paul Lam – 2015

Tai Chi for Arthritis Instructor / Leader’s Course – Dr Paul Lam- **Certificate No- 08436A-** 2009

Tai Chi for Diabetes Instructor / Leader’s Course – Dr Paul Lam- **Certificate No- 01354 D** – 2008

Remedial Massage –NSW School of Therapeutic Massage-2003

Manual Handling Training- Re-Start Consulting- 2003

Swedish Massage – NSW School of Therapeutic Massage – 2001

FITNESS

Diploma of Fitness (Special Populations) SRF50204– Meadowbank TAFE – 2006

Certificate 4 Personal Trainer- SRF40204- Meadowbank TAFE - 2006

Certificate 3 Gym Instructor- SRF30204- Meadowbank TAFE – 2006

Certificate IV in Fitness Pilates- 91313NSW–Australian Fitness Network – 28/4/2008

NET001 Fundamental Matwork, NET002 Intermediate Matwork, NET003 Individual / small Group Pilates, NET004 Pilates on the Ball, NET005 Remedial Pilates, NET006 Pilates and Pregnancy

GLA:D – Certificate Zone 34, 11/2021

Infection Control Training – COVID 19 – Australian Govt Dept of Health– Aspen Medical – 4th June 2020

Accident & Injury Risks in Fitness Facilities and Environments– I Learn FA - **45336457**– 8th April 2020

Exercise Safe: Putting Clients First Seminar – I Learn FA –**45336224-** 8th April 2020

Professional Practice & Advice: What are the Risks ? - I Learn FA –**45336337-** 8th April 2020

Network Autumn 2019 – AFN –**04674FA-** Sept 2019

Referral Essentials – FIA – 19th June 2018

Fitness Education Online – FEO – 28th May 2018

Training For Power – FIA – 12th June 2018

D Bands Professional Trainer Course -26th Nov 2017

Pool Life Guard Licence – (RSGC Staff / Team requirement upgrade) – RSGC – **Cert No - 3558972-2349327- Expiry 25/11/2019** - 6th April 2017

Aqua Instructor – TAFE **SISFFIT022**– 28th Jan 2017

TRX Group Suspension Training Course – RSGC - **PTA- 0760** – 16th Aug 2016

Pool Life Guard Licence– RSGC – **Cert No - 3558972-2349327- Expiry 5/4/2018** – 18th Jan 2017

Play by The Rules – Harassment and Discrimination – **0012830/2016** - PBTR– 2016

Play by The Rules –Child Protection– 2016

The New Body Conditioning Formula –EGX – **91093FA1012** – FA - 2015

ACSA Updating Workshop- Topic Sports Rehabilitation –ACSA- 15th March 2015
Accredited Bootcamp and Outdoor Group Training Instructor – Level 2 Advanced Boot Camp & Outdoor Group Fitness Instructor Course - Motivate to Train -2013
Bootcamp & Outdoor Group Fitness Instructor Course - Level 1– Motivate to Train – 2013
The Juicy Psoas : Redefining Core Strength with Liz Koch – Menezes Pilates – PIA – 14th March 2013
Crankit Straps Essential – Crankit Fitness - 02434FA0113 – 10th June 2012
Crankit Straps Advanced – Crankit Fitness -91217FA1013 – 10th June 2012
Heartmoves for MS – National Heart Foundation – FA – 2011
Heartmoves Exercise for Older Adults – National Heart Foundation – FA – 2007, 2009, 2011
Active Anatomy Postural Analysis Workshop – FA - 01870FA0510 16th January, 2010
Active Anatomy Core and Pelvis Workshop – FA- 01871FA0510 6th February, 2010
Active Anatomy Level 2: Neck and Shoulder – FA- 01913FA0810 – 7th November, 2009
Active Anatomy Level 2 : Hip, Knee and Ankle – FA- 01912FA0810 – 5th December, 2009
Cert IV in Fitness Pilates – AFN- 91313NSW – 2008
Power Plate Acceleration Training Technology Seminar - Power Plate - 20th November, 2008
Active Over 50's Provider– Certificate of Accreditation –NSW Health SSWAHS- 2007
Group Exercise Instructor (Fitness) SRF 06– Fitness Institute Australia – SRF 30206 -1st June 2007
Plan and Deliver Exercise for Older Adults – SRFOLD001B - Australian Institute of Fitness NSW – 9th May 2007
Occupational Health and Safety in Children's Services- C.C.C. (NSW)-2000
Child Protection- New Legislation – D.O.C.S.-2000

COACHING – ATHLETICS & SPORT SPEED/AGILITY

Level 3 Performance Development Coach – Athletics Australia– 6th Jan 2021
ASADA Anti Doping Level 1 Course – Sport Integrity Australia -20th Sept 2020
ReVO2lution Running Certificate – FA – 04930FA- 15th May 2020
ATFCA Level 1 Foundation Coaching Course – ATFCA- 17th & 24th Nov 2019
ASSA Sport Speed for Coaches – ASSA- 16th Dec 2018
Level 1 Speed, Agility and Quickness – AISA – FA – 24th May 2018
AIF Kids Athletics Coach (Sporting Schools) –AA- Accred No. 9362 – Nov 2015
Level 2 Intermediate Club Coach – AA - Accred No. 9362 – 12th & 19th June 2016
Child Protection –PBTR - 0012819/2016 – 11th June 2016
Level 2 Intermediate Recreational Running Coach- AA–Accred No. 9362 – 23rd March 2015
Level 1 Community Athletics Coach – AA- Accred No. 9362 – December 2014
Sport Speed for Coaches Course– Academy of Sport Speed and Agility – 11-12th Jan 2014
Community Coaching - General Principles - AIS, ASC - 1290930/2014 – 28th Nov 2014
Speed and Agility for Field Sports Workshop - NSW Sport and Recreation –Program No – 0044251- 11th November, 2009

EDUCATION

Cert IV in Training and Assessment OTEN – TAA04 – 17th Dec 2012
Work Place Trainer Category 1- NSW VET - A00051 – 11th Sept 1998
Conducting Workplace Assessment (Cert Level IV), NSW VET LGCC/CWA0030– 20th March 1998
Design & Administer Training (Cert IV- Category 2), NSW VET – A00108- 26th Oct 1998
Teaching in Early Childhood – 30 Hour Conversion Course – Michelle Cuthbertson Consulting Practice – (an approved D.O.C.S. Course) – 1995
Graduate Diploma in Education Studies (Expressive Arts in the Primary School) – Sydney College of Advanced Education – 1984
Diploma in Teaching – Mitchell College of Advanced Education – NSW Vocational Education Training Accreditation Board - 1980

FITNESS RELATED WORK EXPERIENCE

1. Self Employed Personal Trainer www.familyfit.com.au
Helen Reese Landlord and Head of Allied Health - Therapies, 17 Hardie Ave, Summer Hill, 2043, 9798 3366 13/08/2007 – 06/07/2012
2. Self Employed Personal Trainer www.familyfit.com.au
Mr Kalhil Landlord – 46 Edward St, Summer Hill, 2043
09/07/12 – 16/08/2014
3. Self Employed Personal Trainer www.familyfit.com.au
21/09/2014 and ongoing as mobile Personal Trainer
4. Weekly Group Exercise Instructor (Aqua, Heartmoves, Tai Chi, Chair Yoga, Personal Training)
Cardinal Freeman Village/ Stockland- Contract Lease Agreement
05/10/2008 to ongoing - 137 Victoria St, Ashfield NSW 2131, 1800 727 170

5. Casual Group Exercise Instructor (Aqua, HIIT, Bootcamp, Pilates, Stretch) Annette Kellerman Aquatic Centre, Black Street, Marrickville, 2204
 Supervisor / Fitness Centre Manager - Geraldine Ruffle – (9565 1906)
 23/08/2019 – 17/03/2020
6. Permanent Part Time Exercise Specialist & Group Exercise Instructor (Aqua, Tai Chi, Pilates, HIIT, Spin) Royal Sydney Golf Course – Kent Rd, Rose Bay, 2029 (8362 7202)
 Supervisor/ Fitness Centre Manager Gavin King
 08/06/2016 - 13/09/2017
7. Contracted Sport Speed and Agility Coach / Athletics Coach – Academy of Sport Speed and Agility- Ranell Hobson Head Coach / CEO – www.academyofsportspeed.com (8310 0046)
 01/01/2014 - current
8. Contracted Pilates Instructor, Multisport Facilitator, One Wellbeing of One Solutions, 1/49 Queens Rd, Five Dock NSW 2046 (0422 085 335)
 Manager / Maureen Laurence
 29/09/2015 – 11/04/2018
9. Part-Time (Casual) TAFE Teacher, Sport, Fitness and Recreation- Subject -Fitness for Older Adults - 3 hours per week - **JRN – PT2010-6** – Meadowbank TAFE Semester 1 , 2011 and Northern Beaches TAFE Semester 2, 2011
 Head Teacher Meadowbank TAFE / Andrew Hill (02) 9942 3807
 09/03/2011- 30/06/2012
10. Gym instructor / Circuit Coach (Permanent) - Curves – Suite 5, 48-62 Majors Bay Rd, Concord, 2127 (9743 3443)
 Owner / Director - Sally Fitzpatrick
 20/06/06 -15/08/07

VOLUNTEER WORK

Sydney University American Football - Lions & Cubs – Club Sprint Coach 2015 to present

Education & Business Work Experience

- Small Business Operator** – 01/04 – 10/05 Mexican Heat – wholesale / retail seller of imported Mexican goods
- Head Teacher** – 07/03 – 12/03 Woollahra Kindergarten / Woollahra Council – Director of Kindergarten, supervise 8 staff.
- Authorised Supervisor** – 10/94 – 01/03 Elstead Nursery & Kindergarten – Director of 0-5yrs Nursery & Kindergarten, supervise 13 staff.
- State Manager / Education Consultant** 01/90 – 07/94 Promotion, Selling and inservicing teachers with published educational materials, Aboriginal & Music Upbeat programs for use within the classroom. Lucky Book Club Promotion.
- P/T Resource Teacher** – 01/1988 – 07 / 90 Expressive Arts Teacher, Music RFF Teacher, Sports Coordinator, Soccer Coach.
- Training Officer** – 01/85 – 12/87 Department of TAFE and Department of Agriculture. Implementation of design and conducting training workshops to Administrative Staff.
- Primary Teacher** – 01/1980 – 12/84 Department of Education. K-6 Primary Teacher.

REFEREES

CURRENT	PAST / CURRENT
Matt Geason (current PT client) Banking Consultant and Anytime Fitness Member mattgeason@gmail.com 0401 054 077	Nadia Hansom (past PT client) Account Clerk and Previous PT client of Family Fit 0410574331
Heather Warton (current PT client) Town Planner and Anytime Fitness Member centplan1@bigpond.com 0411 359 941	Matt Balogh (past & Present PT client) Managing Consultant of McNair Ingenuity Research mbalogh@bloggs.id.au 0417 240 665

Sample of Classes since beginning as PT –

2008	2009	2010	2011	2012	2013
Sydney Community College- Pilates, Tai Chi, Walk to Run 10 week courses	Health Promotion Service (HPS)- Sydney South West Area Health Service (SSWAHS) - Community Fitness Walking Research Project 3 months	Cardinal Freeman Village Seniors Fitness, Tai Chi, Aqua weekly classes ongoing till current	Tripoli and Mena Association freestyle / aerobic exercise for Mothers Group weekly class & term class	Tripoli and Mena Association freestyle / aerobic exercise for Mothers Group weekly class & term class	Benevolent Society Tai Chi & Women's Fitness 2 classes weekly
					Canterbury City Council – CECAL, Earlwood Tai Chi weekly classes
					Office for National HEAL- Education & Fitness Program HEAL term program
2014	2015	2016	2017	2018	2019 – 2020
Benevolent Society Tai Chi & Women's Fitness 2 classes weekly	Benevolent Society Tai Chi & Women's Fitness 2 classes weekly	Royal Sydney Golf Club PT, Tai Chi, Pilates, Spin, Aqua, Circuit HIIT, strength	Royal Sydney Golf Club PT, Tai Chi, Pilates, Spin, Aqua, Circuit HIIT, strength	One Wellbeing of One Solutions, Five Dock contracted Pilates Instructor, Multisport-occasional	Annette Kellerman Aquatic Centre Aqua Aerobics class x 1 weekly + occasional casual classes
Canterbury City Council CECAL, Earlwood Tai Chi weekly class	Wylies Baths Coogee Tai Chi weekly class	Wylies Baths Coogee Tai Chi weekly class	Petersham Social Women's Group Pilates weekly class		
Office for National HEAL - Education & Fitness HEAL term program	Islamic Women's Welfare Association (IWWA) Pilates , Tai Chi for Women weekly class	Islamic Women's Welfare Association (IWWA) Pilates , Tai Chi for Women weekly classes	One Wellbeing of One Solutions, Five Dock contracted Pilates Instructor, Multisport- by the term		
Mobile PT & Coaching ongoing till current	Academy of Sport Speed Australia Sport Speed & Agility Coaching, Track Sprint Coaching SOPAC, ES Marks Ongoing till current	One Wellbeing of One Solutions, Five Dock contracted Pilates Instructor, Multisport- by the term			