




Carl Harris

 Rainham, UK

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Languages

English (Fluent)

About

A very upbeat passionate trainer, with experience in customer relations and providing a clear and consistent approach with clients that builds trust and confidence. A quick to learn self motivated approach whilst being able to work with others and take any feedback with ease. Make the best decision for the better without being distracted and focus on tasks set with great energy that sparks enthusiasm and motivation for all to succeed. Main focus is well-being and promoting healthy options to enhance lifestyle choices for the future.

BRANDS WORKED WITH

Carl Harris Personal Training

Feel Electric

Experience



● Personal Trainer/ Wellness coach

Feel Electric | Jan 2024 - Now

Provide Ems Electric muscle stimulation sessions on equipment for 20 minutes. Fully trained in use of in-body scanner and relaying vital information to aid clients in journey to loss weight, primarily body fat. Improve cardio with various classes.

● Carl Harris Personal Training

| Nov 2015 - Dec 2023

Train clients in private 1-2-1 sessions, this includes cardio HITT training. Nutritional advise to aid in loss of weight or gain of muscle. Weekly weight check ins. Provide bespoke meal plans to maintain a healthy lifestyle.

● Certified Personal Trainer

Carl Harris Personal Training | Nov 2015 - Dec 2023

Provide personal one to one training sessions for clients at private residential studio or local park. Bespoke meal plans to help with nutrition in weight loss or gains for muscle mass.

Education & Training

2022 - 2022

● Boxing Safeguarding England

Certificate of Diploma, Boxing

1982 - 1987

● Highbury Grove Boys School

High School Diploma,