

*David Samuyiwa*  
*Curriculum Vitae*



*D. O. B. 04/08/72*  
*email: david@eliteptcentre.se*  
*+46 739 59 20 31*

Dear Sir/Madam,

My name is David Samuyiwa, I am writing this letter to you as I would find it to be an honour to work within your organisation in a senior position. I am very passionate about education and helping young pupils of all ages, cultures and backgrounds to maximise their talents and reach their full potential. In combination with my BA degree and multiply other certificates and diplomas, I am currently doing a masters degree in Education and Leadership which will equip me with more skills and knowledge which I could bring into your school.

I am born in 1972 and raised in London/England. I have an international background of life experience, work experience and cultural experience. I have been living in Sweden since 2005 and during these years and I have a very good knowledge of the language and culture here in Scandinavia. Due to my work experience, I also have a good grasp of Spanish which I am improving upon on a weekly basis.

In my spare time, I like to spend time with my children, reading, writing, working on my health and fitness, cooking and eating good food and watching films. Enclosed with this short letter is a more extensive profile of myself, which contains my work history, academic history and life history, also enclosed is my C.V.

I hope that you will find that my knowledge and skills will be an asset to your school and I am looking forward to hearing from you in the near future.

Thank you for your time.

Best regards  
David Samuyiwa

## References

### **Jonathan Goodair**

**Personal Trainer for Madonna, Gwyneth Paltrow, Cate Blanchett, Stella McCartney och många fler.**

*David's commitment to his clients, high level of expertise and motivational skills are exceptional. This combined with his impeccable customer service, extensive knowledge, business and organisational skills make David unequivocally a massive asset to the education, health and fitness industry.*

### **David Leinar**

**Team Captain ÖIS Fotboll Team**

*DS by David Samuyiwa have done an excellent job in the fall of 2011 with ÖIS football A team. He has a very professionally and accurately performed, both physical and mental exercises which led to ÖIS results on the football quickly improved after that David worked with the team. I can warmly recommend others to use David's knowledge and his passion and desire to make a difference is something that really does just the difference of teams and athletes such as ÖIS!*

### **Beverly Williams**

**One of the world's most famous and successful interior designer. Has among other things worked on projects for the Royal families and various celebrities.**

*Apart from David's extensive knowledge, professionalism and commitment to transforming your body with his diverse creative training methods, he is easy going, wonderfully friendly, interesting... and interested.... person. I think he is just fab*

### **David Morgan-Hewitt**

**Managing Director at The Goring; One of Queen Elizabeth II and the royal family's favorite Hotel.**

*David has worked with me as a personal trainer for over two years. I have always found him to be extremely professional and attentive. He is also a very personable and gregarious man who obviously has good relationships with many of his other clients and business partners. I would personally recommend him to you as a conscientious and serious professional.*

### **Jenny Berggren**

**Former Lead Singer in Ace of Base, Solo Artist and Writer**

*The training with David gives positive effects in body and soul!*

## PROFILE PRESENTATION

PRESENTATION I have been working in the field of motivation, inspiration, leadership, teaching, business, coaching, counselling and psychology for over 25 years now. In my BA Hons degree, I covered and gained valuable knowledge in areas such as psychology, mental training, leadership, history, politics, sport psychology, coaching, child behavior, business, entrepreneurship, philosophy, literature, management, mindfulness, cognitive therapy, counselling and physical training. I speak three languages with English as my mother tongue with a good grasp of both Swedish and Spanish. In the autumn of 2015, I will start a masters degree in Education and Leadership. I have three children and my residence is Gothenburg/Sweden.

People always ask how did I start, well it started for me way back in 1984, when my school sports teacher Mr Frank Dick, came to me and said David you have great leadership qualities I want you to be the captain of our school football team and put us back on top. That's where it all started, from the age of 12, I was picked out to do something I never done before, I was given autonomy, authority, responsibility and people to lead. My learning started very young and after decades of learning,

I can tell you one thing, I'm still learning! I'm in my fourth decade now of leadership and it's been a journey I could never have thought possible, I have travelled the world, I have competed for my country in Athletics, I have lived in four continents, I have given lectures in 15 countries, I have built (along with a team of great people) four successful businesses, I say this as we are about to launch our 5th and 6th simultaneously. I have educated over 6000 people and motivated and inspired 1000s more and I'm still hungry! In my career, in its various roles and diversities, I have amassed over 80 000hrs of practical experience in my role as a leader, coach, mentor, motivational speaker, teacher and counsellor.

Why am I still hungry? Why am I still motivated after all these years? Why? I tell you why because I have talents, gifts and skills that have been given to me, to me and I must use them to their maximum capacity. Many years ago I decided I realized that my purpose in life was to Educate, Equip and Empower everyone that I had the opportunity to spend time with. So through hard work and persistence, I have come to a place where I can take the opportunity that I have been given and make my dream a reality!

I will say this with all humbleness, but I really believe that my purpose in life is to take you, your team, your business, your career and your growth to levels you would not think possible. It doesn't matter where you maybe be starting from, what happened to you in the past, what you maybe going through in the present, just give me a couple of hours with you, your sports team, your school, your students, your sales team, your juvenile delinquents, your patients and I promise you that I will make a positive impact that should bring about a transformation in the dimension that they are in. I will educate, equip and empower whoever is in front of me to succeed, to overcome and above all to be a better and more productive person.

I look forward to having the opportunity of speaking and sharing with you. Thanks / David Samuyiwa  
Thanks / David Samuyiwa



# *Curriculum Vitae*

**Juni 2017 -**

**EREUNOUS PERSONAL TRAINING**

Sweden/Gothenburg

GURU PERSONAL TRAINER

- Customer Service
- P.T training and recruitment
- Scheduled reports and weekly meetings
- Promotions, advertising and planning events
- People management
- Rotas
- Sales and marketing of gym and Personal Trainers
- Teaching classes
- Gym- instructions and follow-ups
- Personal Training
- Mental Coaching
- Nutrition programming in cohesion with dietists
- Sales targets for different departments
- Liason with members
- Administration duties

**August 2009 -**

**DS BRAND/TRADEMARK (Europa)**

CHIEF EXECUTIVE OFFICER

- Lecturer for DS Personal Training School
- Lecturer for DS Entrepreneur School
- Mentor to future leaders
- Visioner and Pioneer
- Lifestyle Coach
- Talent Recruitment
- Motivation and Inspiration Speaker
- Elite Personal Trainer

**Juni 2008 – Juni 2009**

**NORDIC CLUB HEALTH AND FITNESS**

(Sweden/Gothenburg)

GENERAL MANAGER

- Daily management of facility
- People Management
- Customer Service
- Staff Recruitment
- Training, developing and assessing staff in all areas of the market
- Setting Budgets and Targets (monthly and quartely)
- Assisting in the building of Nordic Club Franchise
- Reports and planning on future projects

**Jan 2005 - June 2009**

**FUSION FUNCTIONAL TRAINING Ltd**

(Sweden/Gothenburg)

STARTER OF THE COMPANY/GENERAL MANAGER ELITE PERSONAL TRAINER

- Pioneering Fustras concepts in business, sales and market growth
- Author of 'The Fustra Method and Thinking and Acting Outside Of The Box`
- Specializing in weight-loss, fat-loss and mental/motivation coaching
- Educating new personal trainers
- Developing existing personal trainers
- Providing and developing researched based training programs

**Jan 2005 - Jan 2008**

**SPORT LIFE**

(Sweden/Gothenburg)

PERSONAL TRAINING CO-ORDINATOR /  
ELITE PERSONAL TRAINER

- Customer Service
- P.T training and recruitment
- Scheduled reports and weekly meetings
- Promotions, advertising and planning events
- People management
- Rotas
- Sales and marketing of gym and Personal Trainers
- Teaching classes
- Gym- instructions and follow-ups
- Personal Training
- Mental Coaching
- Nutrition programming in cohesion with dietists
- Sales targets for different departments
- Liason with members
- Administration duties

**Sep 2003 - Nov 2004**

**HOME HOUSE – PRIVATE MEMBERS  
HEALTH CLUB**

(England/London)

- Gym supervisor
- Elite Personal Trainer
- Masseur
- Nutritional Advisor
- Sport Specific instruction e.g Athletics, Track and Field, Rugby, Tennis, Golf
- Rehabilitation trainer. Design training programs for specific need e.g. rehab over 50s, pregnancy and disabled.
- Administration duties and maintenance of equipment
- Supervising weekly training sessions of the fitness staff

**Nov 2002 - Sep 2003**

**S.A.T.S SPORTS CLUB**

(Sweden/ Gothenburg/Stockholm)

- Advanced Personal Trainer
- Gym-instructor

- Group- Training Instructor: Box-Circuit Training Core
- Motivation Speaker
- Nutritional Advisor
- Sport Specific instructions e.g. Track & Field, Soccer, Wrestling, Golf, Tennis, Ice Hockey

**Aug 2001 - Nov 2002**

**HOME HOUSE – PRIVATE MEMBERS**

**HEALTH SPA**

(England/London)

- Gym supervisor
- Advanced Personal Trainer
- Masseur
- Nutritional Advisor
- Sport Specific instruction e. g Athletics Track and Field, Rugby ,Tennis ,Golf
- Rehabilitation trainer. Design training programs for specific need e.g. rehab over 50s, Pregnancy, Disabled.
- Admin duties and maintenance of equipment
- Supervising weekly training sessions of the fitness staff

**Nov 1999 - Jul 2001**

**CLUCOTE PROVITEN**

(Spain/Canary Islands)

**TEAM COACH / MENTAL/MOTIVATION  
COACH**

- Training athletics of all levels, ages 11-40
- Planning and writing training schedules
- Advising athletes on body maintenance, i.e. nutrition, vitamin, and mineral supplements, blood tests, massage and stretching
- Motivation to help achieve team and individual goals for the club and athletes
- Educating athletes on the rules and regulation of the world athletic federation

For more information

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Tel. +46 739 59 20 31

www.davidsam.se



# TILLFÄLLE

## TRÄNA MED DAVID SAMUYIWA

Ta tillfället i akt och träna med David Samuyiwa, en av Europas ledande personliga tränare, utbildare och coacher. Med över 80.000 timmar av internationell erfarenhet som personlig tränare, lärare och coach garanterar David att ta dig, ditt lag, eller din verksamhet till en helt ny nivå.

I hjärtat av Sisjön finner du Elite Personal Training Centre. I vår moderna anläggning kommer David att utbilda, träna, motivera och inspirera dig. Välj från Davids specialdesignade paketet för vikt och fettminskning, Body Toning eller välj själv från PT-paketen för individuella mål.

Läs mer på: [www.eliteptcentre.se](http://www.eliteptcentre.se)

*Invest in yourself - Increase your performance - Inspire others*

[www.eliteptcentre.se](http://www.eliteptcentre.se)

Elite Personal Training Centre, Datavägen 1, 436 32 Askim

### Program

6 veckors vikt och fettminskning-program

**30 timmar: 24.950:-**

4 veckors Body Toning-program

**10 timmar: 9.950:-**



**För idrottslag, idrottsmän, företagsevent eller parträning**

Kontakta David på: [david@eliteptcentre.se](mailto:david@eliteptcentre.se) / Tel. 0739 592 031

*Du kan välja att betala dina PT-paket via autogiro på 12 mån.*