



ALICE MAYNE

Wellness and Performance Coach
Personal Trainer

19/07/1991
French & British Nationalities

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ATHLETIC EXPERIENCE

- 10 years on the French Rowing Team
- 11x National Champion

Best results:

4th World Rowing Chp 2014 (W4-)
6th World Rowing Chp 2015 (W4x)
World Champion Coastal Rowing 2016

COACHING

- Pilates Fusion online classes
- Live classes for brands and apps
- 1 to 1 PT sessions at home or online
- Retreats & Workshops
- Book : HIITS pour un corps fort et sans gras, Editions Hachette.

INTERESTS

Dance, Crossfit, Shooting, Skiing, Rowing, Dance Therapy, Personal Development, Neurosciences, Research in Physiology, Cultural differences, Travelling, Reading, Humour.

LANGUAGES & TOOLS

English & French

Italian

Instagram, Youtube, Facebook

Website management (wix)

ABOUT ME

With a childhood spent abroad (Tokyo, Sydney) and 10 years spent on intensive training to reach my Olympic dream, I can comfortably say that I excel in project management, performance expertise, teamwork, and adapting to others and new situations. As a coach I am driven by creativity and empathy, and I strive when working with straight forward and determined people.

WORK EXPERIENCE

Oct 2020, Jun 2021, Apr 2022 **Retreat Organiser and Manager**

Missions : Creating, organising and coordinating wellness retreats.

Content : Self Confidence, Self Love and Letting Go workshops using dance therapy and Pilates Fusion. Hiring yoga teacher and Life coach for full self development experience.

Oct 2019 **Independent Personal Trainer for Pure Milano**

Personal Trainer Studio

Missions : Personal Training for Pure clients, one time substituting and long term coaching. One time coaching for Four Seasons Hotel Milano clients.

Dec 2018 **Independent Personal trainer**

Missions : Developing online and in person clientele (10 clients).

Developing online brand and image. Creating and recording programs for apps (Technogym, FizzUp, OnMind Studio). Creating events.

April- Sept 2018 **Intern coach at Le Klay and Blanche**

Theme : Developing coaching skills as a Personal Trainer in the Ken Club Branch of Parisian exclusive gyms.

Missions: weights room supervising, technical correcting, safety, client management, general problem solving. Core, strength and mobility classes. Opening of Blanche Club.

EDUCATION

2017-2018 **INSEP** – Professional Certification in Leisure and Sport

Animation & Professional Brevet for Gym and Strength Activities

Strength & conditioning for general public and all physical conditions. French Personal Trainer degree for 1 on 1 and group classes.

2013-2016 **UNIVERSITE PARIS DESCARTES** – Master in Sport, Expertise and High Level Performance (Master SEPHN at INSEP)

Skills in management, Federation development, creating Professional Degrees, Scientific Research and sporting performance.

2009-2013 **UNIVERSITE DE NANTES** – Licence Entraînement Sportif STAPS

Managing Sporting Activities, Development of physical and mental capacities, Research in physiology, psychology