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| thomas stevenson32 New Road Formby Merseyside l37 7EF · 07773881903Tomr.stevenson90@gmail.com · Instagram @mountain\_high\_adventures |
| I am highly motivated qualified mountain leader and personnel trainer. I have a great love for the outdoors, something I take great pride in. I am also a keen member of the Merseyside mountaineering club. Becoming a mountain leader was natural progression from having my friends and clients of varying abilities join me on walks and scrambles across the UK, me being the organiser of these events and taking great enjoyment in doing so. I am currently working towards becoming a full-time outdoor instructor. Since passing my mountain leader qualification I have been leading regular group walks and involved in mountain leader freelance work. |

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| **2022 – present**Mountain leader* Guiding clients safely and proficiently, whilst keeping it interesting with knowledge of the local area, flora, and fauna
* Group management
* Mitigating hazards
* Route planning
* Understanding of legislation and legal responsibilities
* Organizing events
* Individual awareness of group members capabilities and cultural differences that may

exist.**2015 – present**Personal trainer, Formby Fitness* Help clients reach their goals whilst recognizing their needs and capabilities
* Write nutrition and work out programs for clients on an individual level
* Safely deliver group classes
* As a personal trainer I competed as a boxer, body builder and triathlete

**2015 – 2016**Driver, abbey logistics* Safely deliver goods
* Safely secure and strap down loads
* Stick to strict time frames giving for delivery of goods
* Adhere to health and safety regulations

2014 – 2015machine DRIVER, AgencyDigger and telescopic handler* Safely operate machinery
* Carry out tasks as per site management
* Adhere to health and safety regulations

2007 – 2014soldier/driver, british army* Maintain a high standard of fitness
* Work under pressure in challenging conditions
* Work part of a team
* Maintain serviceability and cleanliness of vehicles and equipment
* Working with multinational forces

Achievements* Represented the regiment and the royal logistic corps boxing teams, becoming corps champion.
* Deployment to Afghanistan 2013 as force protection. Conducting operations providing convoy security, route proving and clearing any danger for the safe passage of essential equipment and goods.
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# qualificatios

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| mountain leader (SUMMER)rec level 4 first aid nvq level 3 maths and englishnvq level 3 personal trainermisc-fully insured up to date dbs |

# Skills

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| * Works well under pressure
* Good people skills, motivating people when they need it most
 | * Physically fit
* Empathetic to peoples needs
* Works well as part of a team or being the team leader
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#  activities and hobbies

I have a great love for exploring and adventure, whether that’s with my wife and two kids Huey and Honey, friends or clients. I enjoy all forms of climbing, but also getting out in the rain with my map and exploring. I’m currently booked in to do my rock climbing instructor training in April. In recent years I have competed a number of fund-raising events including the most previous challenge of walking from Liverpool to Sowdon/Yr Wyddfa over three days whilst raising money for the block veteran’s charity. Which I volunteered for, for over a year.