



PROFILE

I am a well-organized, pro-active person with excellent communication skills, problem solving capabilities and an outstanding level of fitness. I turned my life-long passion for fitness in to my livelihood in 2012 and have been running my own personal training business in London since then. As well as having great expertise in fitness and sport, I have practiced martial arts; Kyokushin karate, Aikido, Muay Thai and boxing throughout my whole life. Throughout my career as a personal trainer, I have built an excellent rapport with people from all walks of life. I have trained directors of companies, academics as well as people who have been recovering from serious injuries and going through chemotherapy.

CONTACT

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HOBBIES

Boxing
Reading
Running
Strategy games

DENES LEVENTE PATAKI

Personal Trainer

EDUCATION

Lifetime fitness (London, UK): Level 3 personal trainer
2011-2012

One of the three leading fitness education training providers in the UK.

Premier Training International (London, UK): Level 4 personal trainer
2014

Level 3 exercise referral and Level 4 personal trainer with management of low back pain

LSSM (London, UK): Level 5 Soft Tissue Therapist Diploma
2019

Highest level massage therapist certificate in the UK.

WORK EXPERIENCE

Pitman's people (London, UK): construction assistant
2011-2012

General help on a construction site while studying for my personal training qualification.

Your Personal Training (London, UK): self-employed personal trainer
2012-2024

Running my own business in Kentish Town Sports Centre with the high professional standards set by the company.

Quality personal training (Milton Keynes, UK) Own business
2018-2024

Expanding my business by providing outdoor, online training and boxing classes.

SKILLS

- **Communication:** My personal training clients describe me as honest, approachable, friendly, helpful and professional.

- **Sales** in personal training is a fundamental aspect. I have worked with a wide range of people and always had great results in sales.

- **Innovation:** I have learnt that any business has to constantly evolve. I have devised new ways to reach out to people, conduct work and change my time management.