

TIFFANY SKIDMORE

Passionate coach, driven learner, reflective wellness writer



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SUMMARY

Fitness is central to a great life. Improvements we make with our physical health positively impact our mental and emotional health—it's all connected. Facilitating this growth in others is at the core of my coaching philosophy. I love seeing the changes that happen both inside and out when clients are able to go beyond what they previously believed possible. Drawing on my own experience maintaining health and fitness in high-stress contexts (teacher/expat), I have developed a coaching style that is relatable, personal, and positive. I believe it's important to create a fun, nonthreatening environment that has a balance of encouragement and constructive feedback. The best coaches consistently put themselves in a learner's position—continuing to gain knowledge and refine their instruction. They also take into account the whole person, not just what happens for that one hour in the gym. My ten years' experience as an educator translates well into fitness instruction. I am able to communicate the same concept in multiple ways; plan and execute classes with great time management and prioritized learning points; and am well-versed in individualized feedback. I am seeking a coaching position to which I can bring my passion for movement, health, and wellness and am excited to work on a team that is dedicated to improvement and excellence.

EXPERIENCE

2015-2016 **KIS-Fit Programmer and Coach**

Korea International School—Seoul, South Korea

- Designed fitness classes that included warm-up, teaching movements and progressions, interval workouts, and mobility work
- Coached groups of 5-18 participants of various levels
- Scaled and modified workouts according to needs of individuals
- Taught movements and concepts in whole group, gave individual feedback and cues throughout workout
- Utilized check-ins, humor, stories, and games to facilitate social connection and create a lively, fun atmosphere
- Attached concepts and movements to the “why” and to real life application whenever possible

Spring 2015 **CrossFit Coach**

CrossFit Teddygym—Seoul, South Korea

- Designed warm-ups, progressions, and mobility work that complemented the programmed WOD
- Taught using various methods: verbal, tactile, modeling/visual

2011-2012 **CrossFit Intern and Coach**

CrossFit Verve—Denver, Colorado

- Received regular observation and feedback by master coaches
- Attended monthly coaches' meetings for continued learning, practice, and professional development
- Completed 50 hour internship, mentored by head coaches

CERTIFICATIONS

- CrossFit Level 1 — May 2011
- CrossFit Mobility — April 2012
- NASM Personal Trainer — June 2017
- Certified Yoga Teacher 200 hrs — Nov. 2017

HIGHLIGHTS

- Languages: English, Spanish
- Effective communicator and leader
- Lifelong learner
- Intuitive and flexible