

# Team Member Job Description

**Do you have a Personal Training Style that you consider to be better than most? Are you a self-starter with drive and ambition? Are you an easy person to get along with?**

If you answered 'yes' to the above questions then we would like to consider you to be a Personal Trainer at High NRG Personal Training and Boot Camps.

## **Position Description for Personal Training role at High NRG.**

If you have received this information, it is because you have enquired about a Personal Training position with High NRG Personal Training.

## **About Us**

High NRG is an independent Personal Training Company and has been in operation for over 3 Years. We currently have two arms to the business, Personal Training and Bootcamp/Group Training.

We conduct our business underneath the roof of a commercial gym named Breathe Health Club on James Street, in Toowoomba. We pay a rental fee for High NRG to operate there and our clients have a membership to use the facility. Breathe Health Club do employ their own Personal Trainers, so you might say that we are in competition with each other; however we all operate harmoniously under the one roof, just like one big team! Our Bootcamps are taken at an alternative location either at a local Park location or at the premises of a Boxing Studio close to the CBD.

## **How our business operates**

Our personal trainers are on a contract basis; this means that they are paid for the hours that they work. We have a performance based system that rewards people, quite simply the more hours you do, the more you get paid.

Our personal trainers operate like they are "running their own business, inside a business" and the successful ones treat it like it is their own business! That is, they train the clients that we provide them with, as well as having the ability to prospect additional clients.

When a new Personal Trainer starts with us, they start with zero or a limited number of sessions, and then we quickly seek to build that trainer up with sessions. We shoot first, then aim second. We have found through



experience that this provides the best environment for a new team member to grow into the culture of High NRG.

With this in mind, it is advised that all new PT's make themselves as available as possible in the beginning as it is not uncommon to be doing a 5:30am, 11am & 7pm PT session in the one day! Of course, as our PT's get better, they are able to "clump" their session times.

We have a strong team philosophy and are looking for people that want to move to the top of the personal training field as part of a successful and motivated group of individuals.

### **We have ongoing requirements including:**

- Weekly team meetings and professional development workshops
- Complimentary initial PT sessions
- Effective communication to clients and head office via email and other technology
- Team outings and team building events

### **Experience**

We are looking for PT's that have had experience in actually training clients. How much experience is not critical, what is critical is for you to have the willingness to learn and develop as part of a team. Of course, as we do start our PT's with "real life" clients, we need to guarantee that each PT is technically competent to be placed with that "real life, paying client"

### **Qualifications**

We do require our PT's to be Certificate IV Qualified in fitness, have a current first Aid certificate and be registered with Fitness Australia. In addition to this, our PT's need to be insured with public liability and professional indemnity.

### **Looking forward to hearing from you**

If you believe that you fit into the category, please pursue the possibility of joining our great team!



**The Personal Trainer that we are looking for needs the following:**

- To be self-motivated and
- To have a strong passion to learn and grow as a Personal Trainer
- To have some experience in health and fitness, and popular strength training techniques.
- To want to build your business and your wealth.
- To want to be part of a motivated team

If this sounds like the personal training position for you, we would love to hear from you. Please proceed to download, complete and return the team member questionnaire along with your cover letter and resume to [Suze@highnrg.com.au](mailto:Suze@highnrg.com.au) or upload it from the become a team member webpage.

Thank you for your time,

Suze Rubb