

Sylvie Patrick

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Objective

Continuing my career in the wellness and fitness industry, teaching accredited courses to health professionals. My goal has always been to educate and empower my clients to learn new trend and technologies. I have an extensive experience in delivering education programs in Canada, the United States and Central America.

Experience

Master Trainer

June 2010 to Present

Performance Health Systems -TP Therapy - Evidence Based Fitness Academy - Precor Coaching Center

- Participate to Health and Fitness Conferences in the US, Canada and Central America.
- Provide onsite courses to fitness training centers, chiropractic facilities, rehabilitation centers and physical therapy practices.
- Manage key accounts along the East coast, including major fitness equipment dealers and distributors.
- Provide support to the sales team.

Founder and owner / Vibe Force LLC

2007 to 2010

- Created Vibe Force LL to develop wellness studios inside fitness franchises such as Gold Gym and Omni Club.
- Oversaw and trained staff members, providing easy procedures to run the day to day operation of a Power Plate studios.
- Developed training protocols and managed the marketing development.

Training and Quality Director / AXA Assistance USA

1998 to 2007

- Promoted quality achievement and performance improvement throughout the organization.
- Developed, implemented, communicated and maintained quality plans to bring the Company's Quality Systems and Policies into compliance with country quality system requirements. Worked in Canada, Brazil, Mexico, Argentina, and Panama.
- Designed instructional materials for corrective actions

Education

- ESRA, École Superior de Communication Paris, France Master Degree (License)
- École de Droit d'Aix en Provence, France Bachelor Degree (DEUG)
- Fluent in Spanish and native French

Certifications

- American Council of Exercise Certified- Personal Trainer and Weight Management Specialist
- National Academy of Sport Medicine Certified- Optimum Performance Training for Seniors
- Silver Fit Certified Instructor
- Master Trainer for Power Plate, Trigger Point Therapy, EBFA, Precor Coaching Center
- Functional Aging Academy instructor
- TRX Instructor, and AFAA Aqua Fitness Workshop Completed