






# CHRISTOPHER LIEBENBERG

## CONTACT

 066 477 1984

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 67 Ivan Smuts Avenue, Silver fields, Krugersdorp (Willing to relocate Internationally)

## SKILLS

- Communication
- Teamwork
- Problem-Solving
- General Health and Safety
- Time Management
- Leadership
- Accountability

## ABOUT ME

With strong problem-solving skills, clear communication, and the ability to adapt quickly, I thrive in dynamic and fast-paced environments. I consistently deliver high-quality work within deadlines and contribute positively to team success through collaboration and professionalism. I am committed to ongoing personal and professional development, bringing reliability, accountability, and a strong sense of responsibility to every role while striving to add meaningful value to the organization.

During my career at Virgin Active, where I worked for several years, I demonstrated exceptional performance and dedication. I was proud to receive the Top Club Award in 2017, a recognition of outstanding achievement within the company. In August 2018, I earned the title of Top Booster Seller, and for six consecutive months I consistently ranked among the Top 5 Booster Sellers across South Africa. Alongside these achievements, I also taught a variety of Group Exercise classes, further developing my ability to engage, motivate, and support clients in achieving their fitness goals.

I am currently residing in South Africa and seeking an opportunity to contribute my skills and experience to a company where I can add value, grow, and continue achieving results.

## WORK EXPERIENCE

### Waiter

June 2025 - To Date

#### The Cork Tree

I am currently employed as a waiter, where I serve customers with professionalism and efficiency in a busy restaurant setting. My role includes taking orders, delivering food and drinks, handling payments, and ensuring customer satisfaction. I thrive in high-pressure environments and enjoy creating a welcoming and enjoyable experience for all guests.

### Senior Web Designer

Dec 2021 - August 2024

#### BrandWay SA

Senior Web and Graphic Designer skilled in WordPress, Adobe Illustrator, InDesign, Photoshop, and Excel. I create impactful designs and implement marketing strategies that attract clients and support data-driven decisions. I have contributed significantly to overall company sales by delivering designs and campaigns that directly enhanced client engagement and business growth.



# CHRISTOPHER LIEBENBERG

## INTERESTS

- Boxing
- MMA
- Rugby
- Cricket
- Formula 1

## LANGUAGE

- English
- Afrikaans

## SPECIALIZED SKILLS

- Personal Training
- Group Exercise
- HIRA (Hazard Identification and Risk Assessment)
- Fitness Assessments
- Safety Compliance
- Performance Analysis
- Financial Analysis
- Hazard control

### **PFA Advisor**

June 2021 – Nov 2021

#### **Old Mutual**

Experienced PFA Financial Advisor specializing in long-term insurance and investment solutions. I help clients develop tailored financial strategies that align with their goals, ensuring long-term growth, security, and peace of mind.

### **IFA Advisor**

May 2020 – May 2021

#### **Mondaine Consult**

As an Independent Financial Advisor (IFA), I specialized in long-term insurance and investment solutions. I provided expert guidance in developing and implementing personalized financial strategies, ensuring optimal growth and security aligned with each client's goals.

### **Personal Trainer**

July 2019 – April 2020

#### **IPIC Active**

As a Personal Trainer, I consistently analyzed clients' goals and monitored their progress on a monthly basis to determine the most effective course of action. This data-driven approach enabled me to adapt and fine-tune personalized fitness programs, ensuring steady progress, measurable results, and optimal physical development. I focused not only on exercise selection and training intensity but also on lifestyle habits, recovery, and nutrition guidance to support sustainable outcomes. By combining regular progress reviews with continuous motivation and education, I helped clients stay committed to their goals while building long-term healthy habits.

### **Personal Trainer**

June 2018 – June 2019

#### **Virgin Active Durbanville**

As a Personal Trainer, I consistently analyzed clients' goals and tracked their progress on a monthly basis to determine the most effective course of action. This data-driven approach enabled me to design and fine-tune personalized fitness plans that promoted steady progress, optimal physical development, and sustainable results. I worked closely with clients to identify their strengths, areas for improvement, and lifestyle factors that could influence performance, tailoring programs that aligned with both short-term milestones and long-term objectives.

Beyond the physical aspect of training, I also placed a strong emphasis on motivation, accountability, and education, ensuring that clients not only achieved their fitness goals but also developed the knowledge and confidence to maintain a healthier lifestyle. By combining structured program adjustments with ongoing support, I was able to build lasting relationships, increase client retention, and contribute to the overall success and reputation of the club.



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## REFERENCES

### Laverne Slater

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### Ryan Olivier

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### Shirley Anne Louw

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### Acting Fitness Manager

March 2018- June 2018

#### Virgin Active Durbanville

As an Acting Dual Portfolio Fitness Manager and Group Exercise Manager, I successfully oversaw all fitness activities within the club, ensuring smooth operations, high-quality service delivery, and member satisfaction. My responsibilities included driving sales performance, implementing effective strategies to meet and exceed revenue targets, and promoting additional services to maximize business growth. I was actively involved in the management and development of staff performance, providing guidance, coaching, and support to ensure excellence in service delivery and achievement of departmental objectives.

In addition, I contributed to the planning and forecasting of costs, monitoring budgets, and ensuring resources were utilized efficiently to maintain profitability without compromising on quality. By combining operational management with a strong focus on sales, performance optimization, and financial accountability, I played a key role in supporting the club's overall success and long-term sustainability.

### Group Exercise Manager

August 2017 - May 2018

#### Virgin Active Durbanville

As a Group Exercise Manager, I was responsible for leading a team of instructors, managing budgets, and forecasting costs while ensuring that schedules and targets were consistently met. I evaluated attendance trends, monitored instructor delivery, and reviewed program effectiveness to identify opportunities for improvement and growth in line with regional requirements.

Part of my role involved hiring, training, and supporting instructors, creating an environment that encouraged skill development and professional excellence. By providing guidance and performance feedback, I ensured that classes remained engaging, safe, and results-driven, which contributed to higher member satisfaction and participation rates.

I also partnered with management to develop financial and operational plans, balancing cost efficiency with program quality to maintain profitability. Through proactive leadership and strategic decision-making, I played an integral role in strengthening the club's group exercise offering, enhancing staff performance, and supporting long-term business objectives.



## EDUCATION

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### **Oxbridge Academy**

2025

#### **Occupational Health and Safety Certificate**

Proficient in Safety, Health, and Environmental (SHE) management, with experience as a SHE Representative conducting investigations, audits, and inspections to ensure compliance with legal and organizational standards. Skilled in Hazard Identification and Risk Assessment (HIRA), applying systematic methods to identify, evaluate, and mitigate workplace risks. Well-versed in the Mining Health and Safety Act (MHSA), ensuring adherence to statutory requirements and promoting a safe and healthy work environment. Demonstrates strong analytical, reporting, and problem-solving skills to support continuous improvement in workplace safety.

### **Skillfull 29**

2025

#### **Legal Responsibility (MHSA & OHSA)**

Studied Safety, Health, and Environmental (SHE) management, including the role of a SHE Representative in investigations, audits, and inspections to ensure compliance with legal and organizational standards. Gained expertise in Hazard Identification and Risk Assessment (HIRA), applying systematic methods to identify, evaluate, and mitigate workplace risks. Developed a strong understanding of the Mining Health and Safety Act (MHSA), including statutory requirements for maintaining a safe and healthy work environment. Acquired skills in analytical thinking, reporting, and problem-solving to support continuous improvement in workplace safety.

### **Allison**

2025

#### **Occupational Workplace Health and Safety**

Studied how to identify and assess workplace hazards, plan and maintain a safe environment, select and apply appropriate safety procedures, respond to emergencies using correct equipment, and monitor equipment usage to ensure compliance with safety standards.

### **Allison**

2025

#### **Health and Safety Hazards - Environmental Management Systems**

Studied and applied core Environmental Management System (EMS) components, implemented the ISO 14001 standard, utilized the PDCA cycle for continuous improvement, and assessed environmental aspects, impacts, and objectives to support effective environmental management and compliance.

### **Trifocus Fitness Academy**

2016 - 2017

#### **Personal Training Certificate**

Studied exercise science, physiology, and anatomy to understand body mechanics, muscle function, and energy systems. Learned to design personalized training programs, assess fitness levels, monitor progress, instruct safe and effective exercises, and provide guidance on nutrition, recovery, and lifestyle.

### **Rustenburg High School**

2011 - 2015

#### **National Senior Certificate**