



ALICE MAYNE

Wellness and Performance Coach
Personal Trainer & Project Manager

19/07/1991

French & British Nationalities

Recently moved to Oslo, Norway

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ATHLETIC EXPERIENCE

- 10 years on the French Rowing Team (2008-2018)
- 11 National Champion Titles
- Over 20 World championships and World Cups
- World Champion Coastal Rowing 2016

COACHING

- Pilates Fusion® online classes
- Live classes for brands and apps
- 1 to 1 PT sessions at home or online
- Retreats & Workshops
- Book : HIITS pour un corps fort et sans gras, Editions Hachette.

INTERESTS

Dance, Crossfit, Shooting, Skiing, Rowing, Dance Therapy, Personal Development, Neurosciences, Research in Physiology, Cultural differences, Travelling, Reading, Humour.

LANGUAGES & TOOLS

English & French

Italian

Instagram, Youtube, Facebook

Website management (wix)

ABOUT ME

Having spent my childhood abroad (Tokyo, Sydney) and 10 years doing intensive training to reach my Olympic dream, then moving to work in Italy (4 years) and now to Norway, I can comfortably say that I excel in project management, performance expertise, teamwork, and adapting to others and new situations.

As a coach I am driven by creativity and empathy, and I strive when working with straight forward and determined people. What I love in my job is seeing people increase their self esteem, and teaching them how to implement more play and love in their life.

WORK EXPERIENCE

Aug-Oct 2022 Project Associate for Effektiv Altruisme Norge

Event organising : socials for the National Conference (dinner party and games night for 100 people)

Oct 2020, Jun 2021, Apr 2022 Retreat Organiser and Manager

Goals : Creating, organising and coordinating wellness retreats.

Content : Self Confidence, Self Love and Letting Go workshops using dance therapy and Pilates Fusion®. Hiring yoga teacher and Life coach for full self development experience.

Oct 2019-June 2022 Independant Personal Trainer for Pure

Milano Personal Trainer Studio

Personal Training for the studio's clients, one time substituting and long term coaching. One time coaching for Four Seasons Hotel Milano clients.

Dec 2018 - today Independent Personal trainer

Developing online and in person clientele (20 clients). Developing online brand and image. Creating and recording programs for apps (Technogym, FizzUp, OnMind Studio). Creating events.

April- Sept 2018 Intern coach at Le Klay and Blanche

Theme : Developing coaching skills as a Personal Trainer in the Ken Club Branch of Parisian exclusive gyms (supervising, cueing, opening of Blanche club).

EDUCATION

2017-2018 INSEP – Professional Certification in Leisure and Sport

Animation & Professional Brevet for Gym and Strength Activities

Strength & conditioning for general public and all physical conditions. French Personal Trainer degree for 1 on 1 and group classes.

2013-2016 UNIVERSITE PARIS DESCARTES – Master in Sport, Expertise and High Level Performance (Master SEPHN at INSEP)

Skills in management, National Sport Federation developpement, creating Professional Degrees, Scientific Research and sporting performance.

2009-2013 UNIVERSITE DE NANTES – Licence Entraînement Sportif STAPS

Managing Sporting Activities, Development of physical and mental capacities, Research in physiology & psychology