

## Alumni in the Spotlight

Name: Simon Matejczuk

Job Title: Personal Trainer

Company:

Year that I left Copley: 2001



### What was your dream job when you were 10?

I always wanted to be a policeman, or play for Manchester City... I wanted to be the next Georgi Kinkladze

### What do you do when you left Copley?

I went to Ashton Sixth Form college, and I studied a course called public services, which was aimed around helping people get into the police, the armed forces or any of the any of the emergency services. It was a great course. I did three years of college, and I got my qualifications. And I also studied English, while I was at college as well. When I was 18, I actually went for a test with the police. Unfortunately, I failed the maths test and I never went back for a second test. But things always happen for a reason; I found a sales manager job that I fell in love with it. I then went travelling; I went to India, Australia, Thailand, Vietnam, Cambodia, Lao Fiji, New Zealand, South Africa, Namibia, Mozambique. I lived in New Zealand and studied sports science anatomy and physiology. That's where I decided that I was going to become a personal training coach.

### What do you do day-to-day in your job?

My job requires getting up early, which is tough! But my job involves a lot of education; getting people to think about their exercise, habits, routines. Therefore, coaching is a big part of my job; putting targets in place, making sure that targets are kept, updating fitness plans etc. On top of that, I have to study to keep myself up to date current guidelines, and with, with the ever-changing world of science and sports. My work has become more online recently with the pandemic.

### What skills and attributes do you need to do your job well?

I would say the skills of a good coach would firstly to be empathetic with how the client is thinking and trying to put yourself in their shoes. Another skill will be organisation. You're not just being organised for yourself, but you're being organised for 10 to 15 different people on a weekly basis. On top of that, I feel you need to have a passion for whatever you do, so people buy into you. And lastly, I would say the most important thing will be communication to understand the needs of your client.

### What is your favourite part of your job?

The favourite part of my job used to be the fact that I was in a gym, which allowed me to train. But now I would say the favourite part of my job is helping my clients, even if it is corny. I have had many cases in the past where clients have turned around to me and said that I have changed their lives for the better, which is a great feeling.

### What is your favourite memory of Copley?

Eating chips and beans in the Dining Room, playing football, and having Geography with Mr Worthington.