



STUART NIVEN. OWNER OF IQ FITNESS. STRENGTH & CONDITIONING COACH



NCS LEAVING YEAR? 2002

GCSE OPTIONS? GEOGRAPHY, HISTORY, IT.

CHOICES AFTER GCSE? A LEVELS MATHS, GEOGRAPHY & IT.

DEGREE: HONOURS DEGREE IN SPORTS SCIENCE WITH STRENGTH AND CONDITIONING AND PERFORMANCE ANALYSIS.

DESCRIBE YOUR CAREER SO FAR? I HAVE HAD ONE OF THE MOST VARIED CAREERS I THINK I COULD EVER HAVE IMAGINED, FROM A YOUNG MAN SERVING MY COUNTRY TO WRITING REPORTS FOR THE TIMES AND GUARDIAN ON THE HOUSING MARKET. I THEN FOUND THE MAIN PORTION OF MY CAREER AS A POLICE OFFICER FOR 7 YEARS AS A FIREARMS AND ANTI TERRORISM OFFICER. THIS GAVE ME SUCH A WIDE AND VARIED VIEW ON LIFE. I SAW THE BEST AND WORST IN HUMANITY BUT IT TAUGHT ME SO MANY LIFE LESSONS AND GAVE ME SO MANY EXPERIENCES I WOULDN'T CHANGE IT FOR THE WORLD. I THEN LEFT IN 2013 AND CHOSE TO GO TO UNIVERSITY AS A MATURE STUDENT, IT WAS A MASSIVE SHOCK TO MY SYSTEM AND CHANGE IN MY LIFE. THIS GAVE ME THE OPPORTUNITY AND SET UP THE REST OF MY LIFE. AFTER I FINISHED UNIVERSITY I WENT ON TO LAUNCH MY PERSONAL TRAINING BUSINESS AND BUILT MY CLIENT BASE UP BEFORE TAKING THE NEXT STEP TO OPEN MY OWN GYM AND SET UP THE NEXT ASPECT OF MY BUSINESS CAREER.

BEST PART ABOUT YOUR JOB? INTERACTING AND SOCIALISING WITH DIFFERENT PEOPLE, EVERYDAY IS DIFFERENT AND HELPING PEOPLE ACHIEVE THEIR GOALS IS SO REWARDING.

WORST PART OF YOUR JOB? THE UNSOCIABLE HOURS... EARLY STARTS AND LATE FINISHES.

ANY TIPS TO AN 16 YEAR OLD YOU? THE HARDER YOU WORK NOW, THE EASIER THE FUTURE WILL BE.

ANY ADVICE TO OUR CURRENT GENERATION OF LEARNERS?

“I KNOW WE ALL SAY ENJOY THIS MOMENT AND IT'S AN OLD CLICHÉ BUT YOU WILL NEVER GET THIS TIME BACK. WHATEVER YOU CHOOSE TO DO CAREER WISE WITH YOUR LIFE JUST REMEMBER YOUR HAPPINESS IS MORE IMPORTANT THAN ANYTHING.”



CESTRIAN FUTURE

TO FIND OUT MORE ABOUT BECOMING A PERSONAL
TRAINER VISIT
WWW.PROSPECTS.AC.UK/JOB-PROFILES/PERSONAL-TRAINER