



Vincent Gordon

SUPPORT WORKER

“No human is limited” – Eliud Kipchoge

THE ESSENTIAL QUESTIONS!

MY BACKGROUND

- Certificate of Exercise Level 4
- I work part time at a gym as a personal trainer and fitness instructor, I love working with people in all different environments to help them realise their potential.

I LOVE....

- Running
- Hiking
- Formula 1
- Cycling
- Coffee
- Outdoors

Question: If you could have a super power what would it be?

- To fly!

Question: If you could live anywhere else in the world where would you live?

- With family back in the UK

Question: What is your favourite thing about people?

- Hearing everyone's different goals in life

Question: What is the funniest thing you have ever seen?

- I like comedy movies



MINDFULL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT