



## 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
- Cycling
- Hiking
- Coffee
- Formula 1
- Outdoors

# Vincent Gordon

## SUPPORT WORKER

"No human is limited" – Eliud Kipchoge

### THE ESSENTIAL QUESTIONS!

**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