



# Jade Dunn

Occupational Therapy Assistant/Rehab  
Coach



---

Greater Manchester

07769581230

jade@cbfitness.uk

Website:

[www.cbfitness.uk](http://www.cbfitness.uk)

---

## Profile

I have always believed in a person-centred approach when working with clients. I like to think creatively and outside of the box to enable clients to achieve their goals. I am proactive in nature and find it effective to include clients in all aspects of planning and brain-storming ideas. I believe it is important to challenge clients to push beyond the belief that their disability prevents them from trying new things whilst always maintaining their health and wellbeing.

Whilst professionalism is always at the forefront of my approach, I find it hugely beneficial when establishing client relationships to be unapologetically myself and present as a 'real person' and not robotic in nature. I received a late diagnosis of ADHD and I have found this has enabled me to offer a unique set of skills and advocate on behalf of people who view the world through a different lens. Through modelling, I am able to normalise the need to rely on certain 'tools and tricks' to get by in day-to-day life and not view them as a representation of failure.

My previous work experiences have mainly centred around children and families, supporting them in areas such as safeguarding, family support, parenting and education. Although I am new to working with adults with acquired brain injuries, I am able to transfer my skills and adapt them to this new way of working, whilst actively seeking out support through supervision and training opportunities to further expand on my knowledge.

I have recently qualified as a Personal trainer. I have always been passionate about fitness and how it can benefit individuals, not only physically but mentally too. My own journey with fitness is what led me to re-train, with a view to promote fitness in a healthy manor whilst challenging the toxic environment around image - particularly for women. As a mother of a daughter, I want her to grow up to be proud of her body and seek for health and not aesthetics. I think this is more important than ever now that we live in a world of social media, filters and photoshop.

I am a mother of 2 children who keep me busy, whether it's supporting homework or playing 'taxi' to one of their many after school clubs. However, when I do have some in my spare time, I enjoy attending the gym - working on both my physical and mental wellbeing. I am also an avid reader and always have at least 2 books on the go at any time.

---

## Qualifications

**Personal Trainer, Weigh Management and Nutrition – Level 2, 3 and 4**  
2023 - present - Origym

**BA Honours in Social Work**  
2008 – University of Manchester

---

## Employment

**Personal Trainer – CB Fitness**  
January 2024 – Present

**Occupational Therapy Assistant/Rehab Coach – Heads Up Therapies**

September 2023 – Present

**Housekeeper – Oddessy Ltd**

September 2019 – August 2023

**Children’s Centre Worker – Langworthy Children’s Centre**

November 2016 – September 2017

**Teaching Assistant – Newton West Park Primary School**

September 2015 – July 2016

**Children’s Centre Worker – Firwood and Old Trafford Children’s Centre**

2009-2011

**Nursery Nurse – Sunny Days Nursery**

2008-2009