Jessica Mackenzie's Remarkable Fitness Journey with Fitness Training Scotland

Starting with a Level 2 Modern Apprenticeship in Instructing Exercise & Fitness, Jessica Mackenzie began her journey as a Leisure Assistant at Dingwall Leisure Centre. Her manager, Lisa Macdonald,quickly recognised Jessica's potential for growth and encouraged her to embrace further training opportunities.

Reflecting on her initial experiences, Jessica recalls - "I left school looking for full-time employment, and after working as a relief Leisure Assistant, I knew leisure was definitely a sector I would like to pursue a career in."

Jessica's commitment to education and expanding her role within the leisure industry was evident from the beginning. While completing her Modern Apprenticeship and Active IQ Level 2 Gym Instructor Qualification with Fitness Training Scotland, she went above and beyond by also achieving her British Weightlifting Level 1 Award. This demonstrated not only her ability as an instructor but her willingness to step out of her comfort zone.

Lisa Macdonald acknowledges Jessica's dedication, stating - "Jessica has doubted her own ability at times, but her performance has consistently been excellent. She has demonstrated a drive to continuously improve her skills and knowledge to provide a better service to both her patrons and the organisation."

Through direct observation, Jessica's consistent improvement in providing a high-quality service and developing numerous skills became apparent. After completing her Modern Apprenticeship and Gym Instructor Qualification, Jessica secured a new position, earned additional qualifications, and gained a significant boost in confidence and maturity.

At just 18 years old, Jessica progressed to the role of Relief Supervisor at the Highlife Highland, Dingwall Leisure Centre. She also assumed a lead role training staff in the National Pool Lifeguard Qualification at Dingwall and other centres. Jessica's proactive approach extends beyond her role, as she now contributes to community initiatives, delivering First Aid training to local primary schools.

"I never thought for one minute that I would gain full-time employment and gain so many qualifications within a 12-month period. My confidence, interpersonal, and leadership skills have developed so much," Jessica shares, reflecting on her remarkable journey with Fitness Training Scotland.

Lisa Macdonald is excited about Jessica's future, stating - "She is an incredible asset to the team, and I am excited to see her career continue to develop." Jessica's drive, enthusiasm, and commitment to continuous development have not only propelled her own career but have also positively impacted the service delivery at Dingwall Leisure Centre.

In Jessica's own words - "I know I have gained respect from all staff in the team, including my peers. The younger members of staff look up to me as a role model, and I feel I have the ability to guide and support them through training and how to become a great Leisure Assistant."

Jessica Mackenzie's journey exemplifies the success that comes from a combination of passion, resilience, and a commitment to lifelong learning within the fitness industry.

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