

Neg Campbell



Qualifications

Bachelor of Applied Science / Physical Education;
Victoria University of Technology and UWO
University of Western Ontario, Canada

Bachelor of Education-Secondary ; Althouse
College, University of Western Ontario, Canada

Level 1 and 2 Wellness Coach- Wellness
Coaching Australia

Certificate III and IV in Fitness VFA (Victorian
Academy of Fitness)

Victorian Institute of Teaching (VIT) Registered
Secondary Teacher

Speed, Agility, Quickness Sports Trainer
Certification: Twist Conditioning

Pre/Postnatal Fitness Instructor Certification
Baby & Me Fitness Canada

Senior First Aid and CPR- Royal Life Saving
Society



Corrective Exercise Certification: AGSHS

Kettlebell Instructor Certificate 1 & 2- Iron Edge

Kettlebell Class Instructor- Iron Edge

Power Bands Certification- Iron Edge

Level 1 Metabolic Precision

Level 1 Strength and Conditioning Coach: ASCA

Level 1 Sports Trainer: ASMF

Level 1 and 2 Boxing Certification

Basic Pranic Healing Certification



Industry Experience

Specialist Personal Training-16+ years experience

Teaching/Lecturing Certificate 3 & 4 in Fitness

*Workplace Wellness- Workshops and Group Training
Kikki.K, Mental Health Research Institute, Caulfield Grammar
School*

*Strength and Conditioning Assistant
English Institute of Sport-Netball Tour of Australia*

*Gold Medalist Paganello World
Ultimate Beach Championships- Italy 2006*

*Strength and Conditioning Coach-
Australian U23 Ultimate Team 2010*

Victorian Men's Ultimate Team Coach 2013

*National Level Ultimate Coach: World Ultimate Club
Championships 2014 Italy*



Industry Experience

Certified Holistic Wellness Coach

Gatorade Triathlon Series Competitor

Co-Author- 'Personal Wellness Diary'

Fitness Presenting- www.nourishbaby.com.au

*Founder and Head Trainer: Dawnbreakers Outdoor Group
Training- Port Melbourne*

*5 x Australian Ultimate Representative: World Ultimate
Championships*

*11 x Victorian Representative: Australian
Ultimate Championships*



Specialties and Interests

Wellness Coaching

Achievable mindset, behavioural and lifestyle change

Functional and Sport Specific Training

Corrective Exercise and Injury Rehabilitation

Pre and Post Natal Exercise and Wellbeing

Body composition changes

**“Don’t be afraid to have big dreams,
just make sure they are realistic to you.
Even if you miss the moon, you will still
be amongst the stars”**

