

## ICON TRAINING awards outstanding Apprentice Monique Newton with 'Learner of the Year 2014'

Friday 14 March, 2014

ICON TRAINING are pleased to announce that former Apprentice Monique Newton has been named 'ICON TRAINING Learner of the Year 2014'.

Yesterday, we surprised Monique with the 'ICON TRAINING Learner of the Year 2014' award as well as an iPad mini. Monique was visiting a gym at a youth homelessness hostel run by the charity Centrepont in London, which helped her turn her life around.

Monique faced some tough competition from other ICON TRAINING learners, however it was her determination and passion for what she does which made her stand out as the most deserving winner. She is an inspirational person with an amazing story which demonstrates exactly why Apprenticeships are so important to the UK today.

Monique's story is both inspirational and moving; she is one of a kind and a great example to others. At age 15 Monique became homeless and then suffered serious illness, however once recovered she decided to do something positive with her life and joined a local Powerlifting club where she found she had a real talent for the sport. She trained exceptionally hard to develop the strength and techniques required to become a Power lifting world champion.

After working in an office job, Monique decided to pursue a career in something she felt she was good at; Deloitte took her on as an Apprentice Fitness Instructor due to her sporting experience. Monique was highly rated by her manager who said that she supported everyone in the gym and customers loved to train with her. Once Monique completed the certificate part of her qualification she used her own initiative and began to complete inductions and write fitness programmes for customers on the gym floor which was a great success and help to her team at Deloitte.

Monique said "Studying and completing an Apprenticeship has benefited me because it has allowed me to gain much needed qualifications in the fitness industry whilst also gaining valuable experience in a gym/fitness environment. Studying for this qualification has allowed me to gain confidence in my role as I have been able to learn on the job from both my colleagues and my ICON TRAINING tutor which has helped further both my knowledge and insight into the industry."

Since completing her Apprenticeship and leaving Deloitte, Monique has become involved with the Dame Kelly Holmes Legacy Trust and has been carrying out motivational talks in Schools as well as working closely with several other charities, including Centrepont, Young Minds and The Neuroblastoma Alliance. Monique is also completing an application for the National Apprenticeship Awards being held later in the year.

Monique has not only become an excellent instructor, she is an inspiration to others. The hard work, determination and energy she has put into her studies, work, powerlifting and charity work demonstrates just how motivated and driven she is and is a great example of what you can achieve; she therefore fully deserves to be recognised as 'ICON TRAINING Learner of the Year 2014'.

To find out more about ICON TRAINING and Apprenticeships in the leisure industry visit [icon-training.com](http://icon-training.com).

### About Centrepont

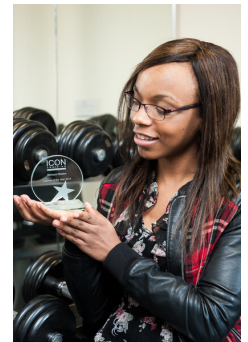
Centrepont is the leading charity for homeless young people aged 16-25.

Centrepont supports 6,000 homeless young people a year.

It provides accommodation-based and floating support services in London and the North of England. These include emergency night shelters and accommodation-based short stay services, as well as specialist services for care leavers, ex-offenders, young single parents, foyers and supported flats.

Centrepont's work is about more than just providing a safe bed for the night; Centrepont helps young people to turn their lives around by gaining essential life skills; tackling their physical and mental health

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issues and moving into education or employment.

Through policy work, Centrepont aims to influence public policy, campaigning on behalf of the young people it supports and homeless young people throughout the UK.

Founded in 1969, Centrepont has helped more than 95,000 homeless young people.

HRH The Duke of Cambridge became Centrepont's Patron in 2005.

For more information, please visit [www.centrepont.org.uk](http://www.centrepont.org.uk)

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