Professional biography

A distinctive, credible introduction

Create a versatile short biography for studio profiles, websites, speaking introductions and professional correspondence.

Complete the shaded fields in a PDF reader or print and write by hand. Save a personal copy.

Professional name and designation

Example: Maya Chen | Pilates and Movement Professional

Core professional background

Training, relevant qualifications and years or scope of experience.

Approach and professional strengths

Describe the qualities and values that shape your practice.

People and organisations you support

Describe relevant audiences and settings without disclosing client identities.

Your finished biography

Combine the above into 80 to 120 words. Write in the third person.

Aim for an understated, factual voice. Avoid unverifiable superlatives and medical or outcome claims outside your professional scope.