

## **Regional Manager Cyprus, Carolyn Aggar**

Carolyn joined AFF as a coordinator for the Western Sovereign Base Area in September 2017 before becoming Regional Manager Cyprus a year later.

Carolyn has worked in many different roles in the past including political communications followed by public relations for a trade association before moving into the fitness industry where she worked her way up from being a personal trainer to becoming both a Fitness Manager and an Operations Manager. Realising that she wasn't getting any younger, Carolyn then set about her dream of running her own business, which she successfully did for two and a half years before giving it up to move to Cyprus. Thankfully it all worked out, as Carolyn tells us that she enjoys her role with AFF.

She is currently accompanying her husband on a two year posting to Episkopi. As well as having an interest in fitness, Carolyn used to be involved in the performing arts when she was younger. She has recently joined the Episkopi Military Wives Choir, having rediscovered her love of performing after around 15 years!