

Curriculum Vitae

Female

Number of years working in industry: 34 years 3 months

Candidate ID Number: 11503

Nationality: British

Language Skills:

Good: English

Basic: Serbian, French

Permitted to work in: UK - United Kingdom

Position Sought: Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Receptionist

Personal Statement

I am a dedicated and honest, hardworking person, with a lifelong passion and enthusiasm for remedial therapy. I have spent the last 20 years honing my skills in the art of reflexology, massage, and other healing by touch, including reiki. This has been achieved by working in various situations across the industry and developing my abilities through regular enhanced courses. My experience is vast and more easily shared in person, only the basics listed below which do not do justice to my strengths, and successes. With my enthusiasm in establishing well being within my clientele I have worked in both fixed and mobile sites, and quickly develop good relationships that lead to repeat custom. I am versatile, compassionate and have excellent interpersonal skills.

Seeking work in North London, UK.

Employment History:

January 2009 - Present - Freelance Complementary therapist at (most recent employer hidden for confidentiality)
london, UK - United Kingdom, (Day Spa)

Duties included:

Touch for Health Kinesiology Instructor

Providing 5star level massage, reflexology and Reiki to clients through Return to Glory

Freelance Therapies - Touch for Health Kinesiology, Reflexology including preconceptual and pregnancy treatments, Massage - therapeutic, swedish, DT, pregnancy, Baby massage courses, Bowen Therapy, Reiki treatments and reiki attunements, Healing, Diet and nutrition advice, simple exercise strategies, Aromatherapy.

Advertising and sales

Customer services

Demonstrations and shows

Basic book keeping

September 2004 - December 2010 - Self employed Complementary Therapist at The Vitality Centre, Wandsworth/
Isabel Duncan, East Finchley, North London, UK - United Kingdom, (High Street Salon)

Duties included:

Reflexology including preconceptual and pregnancy treatments, Massage - therapeutic, swedish, DT, pregnancy, Baby massage courses, Bowen Therapy, Reiki treatments and reiki attunements, Healing, Diet and nutrition advice, simple exercise strategies, Aromatherapy.

Advertising and sales

Customer services

Demonstrations and shows

February 1991 - December 2003 - Self employed as a Complementary Health Therapist doing: at Qetesh Health Centre, Zimbabwe, Zimbabwe, (High Street Salon)

Duties included:

Bowen, Reiki, Reflexology, Aromatherapy, Massage, Regression Therapy amongst others

Lecturer, Administrator, Examiner and Franchise holder for the International Institute of Reflexology (Florida USA) in Zimbabwe

Facilitator and lecturer various complementary courses and

Workshops - massage, reiki, aromatherapy, Bowen, gemstone healing, reflexology

Personal Training - working with individuals and small groups. Entailed specific exercise prescription mainly for rehabilitation but also for bodybuilding, mass/weight loss, general and specific fitness goals. Received referrals from and liaised with health professionals e.g. GP, physiotherapists, chiropractic, paediatrician

Nutritional advice and monitoring. General health and well being advice. Where possible intergration into commercial gyms and other group exercise programmes actively encouraged in addition to individual work.

Used various equipment - machines, free weights, bands, floor, "pump" bars, step, fit ball, Low impact, aqua aerobics, tai-bo, callanetics, yoga, Thai -chi + Chi Nadi exercises etc to reach goals. Includes therapies for support. Various ages (from 4 - 80's)

Volunteer work with the elderly at old age homes, and with the terminally ill, mainly doing Reflexology and then Bowen, and anything else that needed doing. Also with Epilepsy Support Foundation and people with epilepsy, and with local/rural hospitals - especially with spinal injuries.

1997 -1999

Teaching: Own Business

Education and care of children aged 2 - 3 years.

February 1991 - December 1995

Qetesh Health Spa: Own Business

Consisted of:

2 Aerobic floors, offering a variety of different classes by various instructors. Weight and circuit sections and a beauty salon. Modeling and grooming agency.

I spent a lot of time empowering members to take their health and fitness into their own hands so that if/ when they left the centre for any reason they could continue with a basic regime by themselves. They could also discern between facts and fallacies especially in relation to any fads.

I tried to provide knowledge so they could make value judgements about allopathic medicines/ practices and complementary therapies/treatments

Education and Qualifications:

2011

2009 International Kinesiology College
certificate

Kinesiology - Touch for Health Instructor Training Workshop

2007 Academy of Universal Healing (South Africa) (Chris Stormer)
certificate

Taking the Feet Further

2006 Megafit (ZIM) St John Ambulance(UK) Equipped Fitness International (UK)
2006 St John Ambulance Subject: Emergence Aid for the Workplace.

2001 Enersense Healing System
Reiki Masters Degree

2000 Bowen International Foundation (UK)
Advanced Diploma

Advanced Bowen

Vibromuscular Harmonization

1998 International Institute of Reflexology

advanced diploma

Anatomy & Physiology

Reflexology

Biomechanics of the Feet

1991 International Health and Beauty Council (UK)

certificate

Full Body Massage (advanced)

Aromatherapy with Foot Reflexology

1989 Helen Reeson (Australia)

certificate

Therapeutic Massage (with Reflexology)

1984 Townsend High School

General Certificate of Education Cambridge 'O' levels: 8 passes A,B,C's.

Vocational Qualifications

1987 The National Nursery Examination Board (UK)

St Gabriel's Nursery Training College (ZIM)

1985 Pitman's Examinations Institute (UK)

Subject: Typing (intermediate)

London Montessori Centre (UK)

Subject: Care and Education of children from birth to 7 years of age.

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