

Curriculum Vitae

Female

Number of years working in industry:

18 years 5 months



Candidate ID Number: 11844

Nationality: Romanian

Language Skills:

Fluent: English, Romanian

Basic: French

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Spa Consultant, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, College Tutor

Personal Statement

I am an experienced holistic health practitioner, self-motivated, energetic, enthusiastic, dedicated, and committed to my profession. I can work just as well in a team as I can independently.

I am confident in my own abilities as a therapist and enjoy developing personal and professional skills. Keen to learn from the best and happy to share my knowledge, experience and skills. I have a lot to give, and looking to gain more knowledge and skills through practice.

I love what I do and I've often been told that it doesn't just show, but it produces a marked improvement to my client's sense of satisfaction, health and wellbeing.

I'm open to opportunities in the corporate environment, ready to provide stress management solutions and staff wellness programmes.

Very keen on learning spa rituals and providing deeply relaxing, luxuriant and indulgent treatments on land or at sea.

Interested in work opportunities in London, UK and abroad, on land or at sea.

My ideal job? I would like it to satisfy my love of travel, learning about other cultures, especially their health and healing traditions and rituals, which would ensure my further professional development and feed my passion for holistic health, fitness and wellbeing

Employment History:

September 2007 - Present - self-employed holistic therapy practitioner and lecturer at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Home/Mobile)

Duties included:

providing holistic therapy services to private and corporate clients

developing signature treatments

providing highly personalised massage+energy therapy fusion treatments to address specific health and wellbeing needs, or aiming to achieve desired outcomes, such as deep relaxation, reenergising, rebalancing, etc

teaching therapies

admin & finance

stock/supplies

marketing & promotions

budgeting

health & safety

hygiene

CPD

Products worked with:

Elemis

Career Break - Training - industry-related

Education and Qualifications:

2013 Cardiff University/ School of Health Sciences www.reflexologylymphdrainage.co.uk

Certificate to confirm training

Reflexology Lymphatic Drainage

2012 The JING Institute of Advanced Massage Training

Certificate to confirm training

Sports Kinesiology Taping & Strapping

2011 Waltham Forest CLaSS

Level 3 Certificate in Sports Massage Therapy (VTCT)

Sports Massage Therapy

including Functional Anatomy, Physiology and Nutrition for Sports Therapies

2010 HSE training/ Safe for All

HSE Emergency First Aid at Work Certificate

Emergency First Aid at Work

2008 Absolute Reiki/ Reiki Evolution Courses

Level 3 Diploma in Reiki - Master Teacher Degree

Reiki Levels 1(SHODEN), 2(OKUDEN) and 3(SHINPIDEN/MASTER TEACHER)

(Level 1/'05, Level 2/'06 & Level 3/'08)

2005 Waltham Forest CLaSS

Level 3 Diploma in Reflexology (AOR), 2004-2005

Reflexology (Hand & Foot)

2005 Redbridge College of Further Education, London

Level 3 Certificate in Aromatherapy Massage (IIHHT), 2004-2005

Aromatherapy & Body Massage

2005 Waltham Forest CLaSS

Level 3 Diploma in Indian Head Massage (IIHHT), 2004-2005

Indian Head Massage

1993 International Teacher Training Institute, International House, London

ITTI Post Graduate Certificate in the Teaching of English as a Foreign Language to Adults (TEFLA 110hrs/1993), International House, London

MA & Teacher Training/ Modern Languages and Literatures

1991 International Teacher Training Institute, International House, London

ITTI Post Graduate Certificate in Teaching Methodology for experienced teachers of English, 1991

1987 University of Bucharest, Romania

MA

Modern Languages and Literatures

1983 High School Nr 1, Oltenita, Romania

Vocational Qualifications

Emergency First Aid at Work

Enterprise Mentoring(SFEDI)

Using Social Media for Business

Building a Culture of Participation & Using Creative Methods for Participation (ParticipationWorks)

Previous Work Experience that helped develop presentation skills, personal and group organisational skills, communication and interpersonal skills include:

Lecturing at Barking College, London — ITEC Level 3 Diploma course in Reflexology (2009)

Generating a regular HolisticTreats newsletter (2007-2009)

Publishing (1994 - 2004)

Teaching English as a Foreign Language (full time 1990 - 1993) at primary, secondary and high school level (ages 8 to 18), and teaching adults wishing to learn English for business communications

Translating & Interpreting - full time (1987 - 1990) and part time (1990 - 1996)

Hobbies and Interests

Fairly dynamic by nature, I enjoy travel and physical exercise, I go to gym, yoga and dance classes to keep fit, healthy and energetic.

My interest and enjoyment of health & fitness is one of the reasons I decided to enrol on a full year Level 3 Sports Massage Therapy Diploma course (2010-2011), which has added a very useful range of skills and techniques to my bodywork practice.

Although I work mostly from a physiotherapy clinic, I love the spa environment and sometimes blend bath salts, massage balms and butters, lotions and potions to pamper myself and my clients. I would love to learn spa rituals and treatments, and I'm keen to find a position in a spa that uses natural and organic products.

CV created at www.spastaff.com

