

# Curriculum Vitae

**Female**

**D.O.B. 13 June 1986**

**Number of years working in industry: 16 years 6 months**

**Candidate ID Number:** 12722

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Regional Senior Manager, Spa Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Senior Therapist, Massage Therapist, College Tutor, Fitness Professional, Receptionist

## Personal Statement

I am a self motivated individual with the ability to work effectively within a multidisciplinary team and highly capable of working on my own initiative to handle difficult situations without guidance. I have an enthusiastic and proactive approach to work and attention to details where appropriate, with the ability to plan projects and prioritise conflicting demands.

Seeking work in London, W Midlands and international locations

## Employment History:

**October 2010 - Present - College Tutor** at (most recent employer hidden for confidentiality) Warwickshire, UK - United Kingdom, (College)

### Duties included:

- To design and deliver quality teaching and practical instruction of Sports Massage, Sports Injuries and Instructing Physical Activity subjects using appropriate and effective methods with enthusiasm, to cater for the needs of all students.
- To monitor and assess student progress and provide prompt feedback to students.
- To maintain accurate records of student assessment and progress with topic areas delivered (Sports Massage, Sports Injuries and Instructing Physical Activity)
- Responsible for tracking student progress via college database system
- To take an active role in curriculum development of existing and new course provision
- To build links with external agencies

**December 2009 - May 2010 - Massage Therapist** at The Verbier Touch, Verbier, Switzerland, (Home/Mobile)

### Duties included:

Working as part of a multidisciplinary team (Physiotherapists, Sports Therapist) providing a mobile service around the ski resort to athletes and high profile private clients.

Providing postural assessment, sports massage, treatment and advice to clients.

Target sales through effective print distribution and promotional work throughout the resort.

Responsible for general administration including planning and organisation of team rosters and final client invoicing.

### Products worked with:

Weleda

**Career Break** - Training - industry-related

**June 2009 - October 2009 - Massage Therapist** at Mark Warner Limited, San Agostino, Greece, ( Hotel Spa)

**Duties included:**

Working as part of a multidisciplinary team (Beauty Therapists, Fitness Instructors) providing assessment, treatment, rehabilitation and massage service within the sports resort spa and sport facilities to guests and staff.  
Targeting sales through effective print distribution and promotional work throughout the resort  
Developing and preparing advertising and promotional material to increase sales of treatments and products.  
Completing and monitoring all administration, stock checks and end of day procedures.  
Supporting Manager with day to day running of the resort spa.

Preparing and providing welcome speeches to 50+ guests on arrival.

**Products worked with:**

Elemis

**Education and Qualifications:**

**2010 The Training Room; David Lloyd**

REPs Level 3 Certificate

REPs Level 3 Personal Trainer

Studio Cycling

Gym Based Boxing

Exercise to Music

Sports Nutrition

First Aid

**2009 University Of Central Lancashire**

BSc Degree

Sports Therapy Degree: 2:1

**2006 Warwickshire College**

HND

Sports Science / Therapy: Merit

**2004 Rugby High School**

3 A Levels:

- Sport Studies (C)
- IT (D)
- Psychology (D)

**2002 Bilton High School**

10 GCSEs at grades C and above:

- English Language (A),
- English Literature (B)
- Mathematics (C)
- Double Science (BB)
- History (B)
- Drama (B)
- Food Technology (A)
- IT (B)
- German (D)

**Vocational Qualifications**

Microsoft Office programs such as Word, Excel, Publisher and PowerPoint

First Aid

## Hobbies and Interests

Gym

Long Distance Running

Snowboarding

CV created at [www.spastaff.com](http://www.spastaff.com)

