

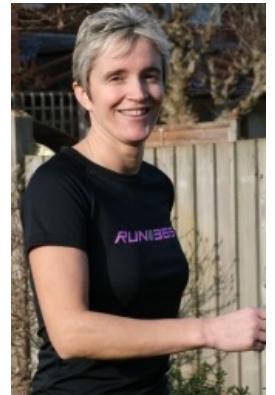
# Curriculum Vitae

**Female**

**D.O.B. 11 July 1974**

**Number of years working in industry:**

**14 years 8 months**



**Candidate ID Number:** 13257

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish, French

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

**Position Sought:** Holistic Therapist, Complementary Practitioner, Complementary Therapist

## Personal Statement

I am an innovative individual who can think on their feet and adapt to any situation. My life goal is to open my own spa offer the a service which people will consider life changing

## Employment History:

**June 2011 - Present - Director** at (most recent employer hidden for confidentiality) West Sussex , UK - United Kingdom, (Home/Mobile)

### Duties included:

Becky Wells worked in the fitness industry for many years and specialised in treating people referred by GPs and others with exercise. She became fascinated by the large number of referrals that seemed to have psychological origins and decided to train as a Hypnotherapist.

Becky is now a qualified Hypnotherapist with practices in Harley Street, Sussex and Surrey and she welcomes clients to her unique world of treatments. She is also a Sports Therapist and REPs Level 4 Personal Trainer.

Becky's personal interests include Kung Fu, walking, all kinds of adrenaline sports and travelling. She also writes for various publications in her spare time. As well as being involved with various charity fund raising events including Pay it Forward UK.

### Qualifications

Diploma in Hypnotherapy, Member of the General Hypnotherapy Council, Mindfulness Instructor, Diploma in Fitness Training and Sports Therapy, Diploma in Sports Psychology, British Association for Cardiac Rehabilitation Phase IV Qualified, Register of Exercise Professionals Level 4 Instructor.

**June 2011 - Present - Fitness Professional** at Becky Wells Limited, Crawley, UK - United Kingdom, (Home/Mobile)

### Duties included:

Hypnotherapy programme to enhance individuals lifestyle and working life.

## Education and Qualifications:

**2011 Chrysalis training**

diploma

diploma in hypnotherapy

**2007 British association of Cardiac rehabilitation**

vocational

BACR - Cardiac rehabilitation

**1998 Premier Training**

vocational qualification

Premier diploma in Fitness training and sports therapy

**1990 Thomas Bennett Community college**

5 GCSE grade c - English, Maths, Science, Humanities and community studies

**Vocational Qualifications**

Mar 98 Premier Diploma in Fitness Training and Sports Therapy

Jun 99 SAQ Personal Trainer Certificate

IIHHT Certificate in Body Massage

IIST Sports Therapy Diploma

Oct 01 Diploma in Sports Psychology

Mar 04 Wright Foundation - GP Referral Course

Dec 05 Aquacise Teaching Certificate - STA Level 2

Sept 06 Spinning Instructor Certificate

Oct 06 Water Fitness Teachers Certificate

National Pool Lifeguard Qualification

Jan 07 Weight Management & Nutrition Certificate

STA First Aid at Work Trainer/Assessor course

June 07 Buggyfit Training

Jul 07 BEAT Training (Eating disorders)

Jan 08 ASA Level 1 Swim Teacher

Apr 09 Wright Foundation Chronic Low Back Specialist Certificate

Mar 2011 Cardiac Rehab Phase IV revalidation

July 2011 Relaxation, Meditation and Mindfulness Instructor - Diploma

Oct 2011 Diploma in Hypnotherapy and counselling skills

Feb 2012 Associate Personal trainer with Matt Roberts

Acupuncture training in conjunction with musculo-skeletal problems

## **Hobbies and Interests**

running my own website [www.beckywells.com](http://www.beckywells.com)

Running various exercise classes (Aqua, Spin)

Watching Formula 1

Mountain biking

Animal Care

Travelling

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

