



Curriculum Vitae

Male

D.O.B. 06 December 1980

Number of years working in industry:

19 years 10 months

Candidate ID Number: 13294

Nationality: British

Language Skills:

Fluent: English

Basic: German

Permitted to work in: UK - United Kingdom

Position Sought: Spa Consultant

Personal Statement

I am a very enthusiastic person who is dedicated to providing an excellent service to customers. I am passionate about my role as a therapist and trainer and am always furthering my knowledge and skills by attending seminars taken by experts.

My life goals are to seek work in international locations and to secure a management position in the health and wellbeing sector.

Employment History:

February 2011 - Present - Massage Therapist at (most recent employer hidden for confidentiality) Cambridge, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

Assessing client's posture and movement and conducting muscle strength and length tests. Treating clients with remedial sports massage therapy and soft tissue treatments including, trigger point therapy, deep tissue massage and muscle energy techniques. Providing rehabilitation programmes to increase strength and flexibility.

I have recently completed the 'Trigenics' upper extremities module and am due to take the following modules this year.

Career Break - Travelling

September 2003 - July 2008 - Massage Therapist at David Lloyd, Nottingham, UK - United Kingdom, (Health Club)

Duties included:

Working alongside a physiotherapist providing massage therapy to clients from the health club.

Taking one to one personal training sessions with clients to help them reach their goals. These goals included improved body composition, increasing strength and flexibility and sport specific training.

Education and Qualifications:

2008 Nottingham Trent University

Bsc (Hons) Sport and Exercise Science 2:1

2002

Sport and Exercise Science

2002 New College Nottingham

Higher National Diploma

Leisure Management

1999 St Ivo Sixth Form

General National Vocational Qualification in Leisure and Tourism

1997 St Ivo School

GCSE's x 10

Mathematics - C

English Language - C

English Language - C

Double Science - C,C

Physical Education - A

German - C

Art - C

History- C

Design and Technology - C

Vocational Qualifications

Advanced qualification in teaching English as a foreign language.

Hobbies and Interests

I enjoy weight training and martial arts training. I am fascinated by the human body and mind and read extensively on related topics.

CV created at www.spastaff.com

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