

# Curriculum Vitae

**Female**

**D.O.B. 08 September 1984**

**Number of years working in industry: 12 years 11 months**

**Candidate ID Number:** 15374

**Nationality:** Scottish, Filipino

**Language Skills:**

Fluent: English

Basic: French

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

**Position Sought:** Massage Therapist, Holistic Therapist, Receptionist

## Personal Statement

Mature and open minded therapist looking to kick start a career in massage therapy. Looking to further my studies in either Remedial or Sports massage in the near future. Has a positive attitude towards life and is a firm believer in self development and learning new skills. Searching for a more balanced/ holistic approach to life which will also help and reflect in the work that I do.

Seeking work in Scotland, international locations

## Employment History:

**March 2013 - Present - Stockroom assistant** at (most recent employer hidden for confidentiality) Glasgow, UK - United Kingdom, (High Street Store)

### Duties included:

Duties included: Working to tight deadlines, organisation and prioritising, being physically fit, stock control , customer help

**October 2003 - February 2012 - Retail assistant** at Tesco, Dundee, UK - United Kingdom, (High Street Store)

### Duties included:

Working in a customer faced environment.

Duties included: Money handling, presentation with work and appearance, working to deadlines, stock control and merchandising, dealing with customers

## Education and Qualifications:

**2013 Cardonald College**

Diploma and NQ unit

Stress Management

- Stress management- Including work experience in a community/ business environment

- Health care – Using Complementary therapies within the health care sector
- NQ unit in Mental health/ Loss and grief

### **2011 Dundee College**

I.T.E.C Diplomas

- On-site seated massage
- Aromatherapy
- Diet and Nutrition
- Hot Stones massage
- Anatomy and Physiology
- Deep tissue
- Swedish massage
- Indian Head massage
- Business and Administration

### **2002 Grove Academy, Dundee**

Standard grades at level 3- Maths, English, Biology, Chemistry,

Graphics, Biotechnology, History , craft and design

Higher art and design

### **1998 Tabuk International School**

High school

## **Hobbies and Interests**

Travelling, culture, keeping fit doing most sports, socialising, and most importantly having fun.

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

