

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

