

# Curriculum Vitae

**Female**

**D.O.B. 08 October 1988**

**Number of years working in industry: 2 years 6 months**

**Candidate ID Number:** 15913

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish

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

**Position Sought:** Massage Therapist

## Personal Statement

Throughout my education and my work, I have gained a great deal of experience in a variety of individual conditions in differing environments.

During my college education, I not only took part in some work experience at a nursery for special needs children but also spent one month volunteering in an orphanage in Ecuador and another month in Kenya with children with HIV/AIDS. Both of these experiences were real eye-openers to the effect poverty can have on individual lives, the challenges facing children with physical and social impairments and how it is possible to cope with all the issues surrounding them. These experiences contributed enormously to my personal development, my independence and my appreciation of the opportunities and privileges we have in the UK today. It also enhanced my desire to help less advantaged people and children around the world.

I am therefore planning to volunteer my physiotherapy skills at a disabled children's orphanage in Vietnam for one month in May 2013. Many of the children are disabled from the effects of the defoliant Agent Orange used by the USA during the Vietnam War. My sister and I will be embarking on this trip to help rehabilitate the children and pass our knowledge onto local staff. We both completed a sponsored swim, swimming the narrowest width of Vietnam (25Km each) to raise money to purchase physiotherapy equipment for the children. We hope to use this equipment to help provide the children with a more independent lifestyle.

Whilst studying for my Physiotherapy Degree at Bournemouth University, I had a variety of part-time jobs, which provided me with a wealth of experience in different situations.

Working as a healthcare assistant in the community gave me insight into the many and varied conditions that a physiotherapist may encounter, including neurological, respiratory and orthopaedic conditions. Furthermore, working as a support worker for adults with learning and physical disabilities improved my communication skills and knowledge of how to deal with challenging behaviour.

My University placements further developed my essential skills, providing me with experience of various conditions and teaching me how to adapt to different situations and environments.

My communication strategies were particularly challenged when working on an acute stroke unit, where I learnt to adapt my approach in order to empower patients who had receptive and expressive dysphasia or dysarthria. My group communication skills were also expanded when working on my respiratory placement, where I was required to provide advice and education to patients when running a pulmonary rehabilitation class.

Liaising with multi-disciplinary teams and the delegating of appropriate patients to physiotherapy assistants helped develop my interpersonal skills.

My time management skills also developed, particularly when prioritising patients to effectively manage my own ward.

Following completion of my university degree, I worked as a physiotherapist in a sports injury clinic. Here, I independently assessed and treated various injuries and conditions, such as lower back pain, whiplash, sporting injuries or joint replacements. I have gained experience in working with up-and-coming athletes, working within a team of physiotherapists and osteopaths to formulate effective treatment and rehabilitation plans. I have developed my written and IT communication skills, when liaising with GPs, consultants or appropriate professionals regarding patient rehabilitation.

Following on from this role, I worked as a community physiotherapist, visiting patients in their own home to help rehabilitate them following surgery. This encouraged me to adapt my clinical and communication skills to differing environments. I would regularly be required to communicate to other professionals over the phone, sometimes under emergency circumstances where I would need to remain calm and provide clear concise information to resolve the situation. I was required to work as an integral member of the team as well as working autonomously to make quick independent decisions.

I have now finished my most recent job working as a sports massage therapist in the Swiss Alps for a 5 month ski season. This role required me to visit clients (including several VIPs) in their chalets to provide them with a triage service for any ski injuries and deep tissue or sports massage therapy. During the season, I encountered new cultures by engaging with people from all over the world, as well as feeding my passion for travel, skiing and work.

I am now keen to further develop my desire for travel and work. I am a hard-working individual and determined to do my best. I believe I have developed excellent communication and emphatic skills through my various healthcare roles and voluntary experience.

Seeking work around SE England, international locations and cruise ships

## **Employment History:**

**December 2012 - April 2013 - Massage Therapist** at (most recent employer hidden for confidentiality) Verbier, Switzerland, (Home/Mobile)

### **Duties included:**

Providing relaxation, sports or deep tissue massage to clients in the comfort of their own chalet within the ski resort of Verbier. I was also required to utilise my physiotherapy skills to provide triage to clients whom had sustained an injury from skiing, or had any general aches and pains.

**April 2012 - December 2012 - Physiotherapist** at Healthcare at Home, Hampshire, UK - United Kingdom, (Home/Mobile)

### **Duties included:**

Provide physiotherapy treatment to patients in the comfort of their own home.

Independently assess and treat patients in and out of hospital.

Be flexible in treatment approaches to provide specific treatment to each individual.

Keep up-to date medical records.

Effectively communicate with other team members face to face, via telephone and email.

**September 2010 - March 2012 - Physiotherapist** at Surrey Physio, Croydon, UK - United Kingdom, (Hospital / Medical Clinic)

### **Duties included:**

Provide independent physiotherapy assessments and subsequent treatment to patients with musculoskeletal injuries.

Provide sports massage treatment when required.

Communicate effectively with other team members, GP's and consultants.

Take part in in-service training.

Complete home visits for elderly patients when required.

## **Education and Qualifications:**

**2010 Bournemouth University**

Degree

BSc Physiotherapy

Sports Massage qualification

### **2007 Worthing College**

- A-level PE - A
- A-Level Human Biology - C
- Double Award A level Health and Social care - AB

### **2005 Davison High School for Girls**

GCSE's:

- English Literature - A\*
- PE- A\*
- English - A
- Science - AA
- Child Development - A
- Food Technology - A
- Maths - B
- German - B

## **Vocational Qualifications**

- First Aid
- Basic Life support
- level 1 ASA swim teachers

## **Hobbies and Interests**

- swimming
- netball
- Skiing
- general fitness
- travelling

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