

# Curriculum Vitae

Female

D.O.B. 09 January 1971

Number of years working in industry:

15 years 8 months



**Candidate ID Number:** 16804

**Nationality:** British

**Language Skills:**

Basic: Spanish, French

**Permitted to work in:** Spain, Greece, Germany, Austria, UK - United Kingdom

**Position Sought:** Massage Therapist

## Personal Statement

I would describe my best qualities as someone who is hardworking, organised, kind and sociable. I enjoy travelling to different parts of the world and meeting people from different cultures and ethnicities. I would defiantly say I am a people person and have really good communication skills both personal and interpersonally. I am really good listener and am able to take on board lots of information about a person in a short space of time. I am a good team player but am also able to work autonomously with ease. I am looking for a new challenge in my life and I feel working abroad in a new environment will give me the opportunity to continue with my massage work as well as continue my love of travelling.

Seeking work in UK, Dubai, UAE and other international locations

## Employment History:

**June 2013 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Day Spa)

### Duties included:

- Deep tissue massage specialist
- Holistic swedish massage specialist
- Chair massage therapist
- Pregnancy massage therapist

**December 2011 - Present - Massage Therapist** at Club 22, London, UK - United Kingdom, (Hotel Fitness Centre)

### Duties included:

- Freelance massage therapist
- Deep tissue massage specialist
- Holistic swedish massage therapist

**August 2011 - Present - Massage Therapist** at Genesis , London, UK - United Kingdom, (Health Club)

### Duties included:

- Freelance massage therapist
- Deep tissue massage specialist

- Holistic swedish Massage specialist
- Life coach

**May 2011 - Present - Massage Therapist** at Walk in Back Rub, London, UK - United Kingdom, (High Street Store)

**Duties included:**

Freelance Chair massage therapist, working in Selfridges, Neals Yard

**June 2010 - June 2013 - Massage Therapist** at Freelance, London, UK - United Kingdom, (Home/Mobile)

**Duties included:**

- Return to Glory mobile masssge therapist, worked on corporate events, vitality show, 5\* hotel spa
- charity event - massage therapist providing treatments at the British heart foundation
- Mobile massage therapist providing treatments for people in their homes

**Products worked with:**

This works

**November 2012 - April 2013 - Chalet Host** at Crystal Ski, La Plagne, France, ( Hotel Spa)

**Duties included:**

- Hosting a 12 bedroom chalet
- Cooking and serving breakfast, afternoon tea and 3 course dinner for 12 guests
- Making and serving canapés for guests on upgrade packages
- Daily housekeeping duties
- Ordering, managing deliveries and budget control
- Up-selling of packages and après activities
- Weekly welcome meeting

**March 2012 - October 2012 - Massage Therapist** at Acumedic Chinalife, London, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

- Holistic Swedish massage specialist
- Deep tissue massage specialist
- Pregnancy Massage specialist
- Chair massage therapist

**Products worked with:**

Chinalife products, foot creams, aromatherapy oils, teas, massage oils

**Education and Qualifications:**

**2012 City Lit**

Two day course

Massage: stretching and joint mobilisation techniques

**2011 School of Body Therapy Body Basics**

Practitioner Diploma

Pregnancy & Labour Massage

**2011 Walk in Back Rub**

Practitioner Diploma

Shiatsu Chair Massage

## **2010 ICA**

Accredited Coaching Program International Coaching Certificate

Life Coaching

## **2010 Gateway workshops**

Practitioners Diploma

Advanced and Deep Tissue Massage

## **2010 Tower Hamlets College**

ITEC Dip level 3

Holistic Massage

Anatomy & Physiology Distinction

## **1989 Loughton 6th Form**

A level Domestic Science - grade C

## **1987 Loughton County High School for Girls**

7 O Level passes including Maths and English - 4 Bs and 3 Cs.

## **Vocational Qualifications**

- BA (Hons) Degree - Applied Social Science - Sheffield Hallam University 1990 - 1993
- MA social science and diploma in social work - University of Nottingham 1994-1996
- TESOL Trinity certificate - teaching English as a second of other language - 1997
- Scuba Diver - Padi certified up to Rescue diver level, obtained in 2006
- Emergency First Response - last updated 2011
- I am proficient in microsoft word, excel and power point
- I have a full clean drivers licence

## **Hobbies and Interests**

I enjoy all sports especially skiing, snowboarding, swimming, tennis, netball, cycling, yoga and horseriding, I like watersports such as scuba diving and surfing.

I enjoy cooking, reading, listening to music and going to the cinema. I am also a keen photographer.

I have been a keen traveller from an early age, since finishing my A levels I have travelled the world and have been to all five continents.

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

