

# **Curriculum Vitae**

## **Female**

**Number of years working in industry: 15 years 7 months**

**Candidate ID Number:** 16820

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish, French

**Permitted to work in:** Malta, Italy, Gibraltar, France, Cyprus, UK - United Kingdom

**Position Sought:** Holistic Therapist, Yoga / Pilates Teacher

## **Personal Statement**

I am optimistic and empathetic and loving, I dance as though no-one is watching, I love like it will never hurt, I sing as though no-one is listening and I live like there is only today. Hooray!

Seeking work in North West England and international locations

## **Employment History:**

**November 2017 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) wirral, UK - United Kingdom, (Home/Mobile)

### **Duties included:**

I run my own Yoga Studio offering Yoga classes, 1:1 Yoga, Yoga Parties, Corporate Yoga and Urban Yoga Retreats. My clients are mainly women and I focus on womens health through the medium of Yoga. Having a nursing background this adds depth to classes and a loyal client base. See My web page [www.shangrilayoga.co.uk](http://www.shangrilayoga.co.uk)

I provide all equipment. Mu Urban Retreats include meditation, Pranayama and Yin Yoga. I am fully trained in Hatha & Yin Yoga.

### **Products worked with:**

I run my own Yoga Studio offering Yoga classes, 1:1 Yoga, Yoga Parties, Corporate Yoga and Urban Yoga Retreats. My clients are mainly women and I focus on womens health through the medium of Yoga. Having a nursing background this adds depth to classes and a loyal client base. See My web page [www.shangrilayoga.co.uk](http://www.shangrilayoga.co.uk)

I provide all equipment.

**June 2015 - Present - Nurse/Comp Therapist** at WHCS, Wirral, UK - United Kingdom, (Hospital / Medical Clinic)

### **Duties included:**

Care of clients with diagnosis of cancer. Assessed their mental health after receiving the diagnosis, made necessary referrals to psychologists, counsellors, mental health teams or for a complementary Therapy such as Reiki, Armoatherapy or Reflexology. I am a trained Complementary Therapist.

Used Aromatherapy essential oils along with carrier oils.

### **Products worked with:**

Medications related to Nursing

**July 2013 - Present - nurse** at barchester, Wirral, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

Care of 40 clients with Dementia, administration of medications, personal care, supervision of care staff. Planning and reviewing care plans.

Reporting to matron in charge

Stock taking, rotas, budgeting

**Products worked with:**

Medications related to nursing

**July 2010 - July 2013** - at Coed du Hall, North Wales, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

CARING FOR THOSE UNDER THE MENTAL HEALTH ACT, AS NURSE IN CHARGE, ADMINISTERING MEDICATION, CARE PLANS, STOCK TAKING AND ORDERING MEDICATIONS, PLANNING ROTAS, LIASING WITH g.p AND OTHER HEALTH CARE PROFESSIONALS, CHANGING DRESSINGS, ADMINISTERING INJECTIONS. cARING OUT MENTAL HEALTH ASSESSMENTS FOR THOSE SUFFERING WITH THEIR MENTAL HEALTH

**Products worked with:**

pharmaceutical medications related to nursing

**Education and Qualifications:**

**2013**

**2010 John Moores University Liverpool**

Degree 2:2

RMN Mental Health Nursing.

**2007 Liverpool John Moores University**

Masters (Msc)

Masters (Msc) in Health Promotion, Research & Policy

**1994 Bangor University**

Degree in Sport, Health & physical Education. 2:2

**1985 PLESSINGTON HIGH SCHOOL**

GCSE' S

- MATHS C
- ENGLISH C
- FRENCH C
- HISTORY B
- Spanish A

**Product Training:**

**October 2017**

**Yoga Alliance Yoga Teacher 200hr E-RYT**

Trained with the Revive Yoga Studio, Wirral, Uk

Through the Yoga Alliance I trained in Hatha Yoga, which included Yoga Asanas, Meditation, Pranayama, Yoga Nidra, Yoga Mudras.

I have also trained in Yin Yoga.

**April 2014 VTCT Trained Complementary Therapist**

Wirral Metropolitan College, Wirral, UK.

## **Vocational Qualifications**

qualified and registered nurse, first aid, medical I.T. skills

Masters (Msc) in health promotion, research and policy - qualified 2007 at john moores university liverpool

Reiki Master completed 2012

## **Hobbies and Interests**

Before training to be a Yoga Teacher (2017) I was a registered nurse who has spent 20years talking and teaching people about health and maintaining it. I specialise in mental health and maintaining it, to guide people to reach their potential and live life to the full. I jog everyday and practice yoga daily. I love dancing and can boogy with my 18 year old. I love to grow my own fruit and vegetables and I used ride a motorbike (yam 125cc).

I have sailed the 4 masted SEDOV russian sailing ship in the Tall Ships Race and I love sitting in the sun and swimming in the sea.

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

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