

# Curriculum Vitae

**Female**

**D.O.B. 18 August 1983**

**Number of years working in industry:**

**23 years 3 months**



**Candidate ID Number:** 17405

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** Netherlands, Italy, Greece, UK - United Kingdom

**Position Sought:** Spa Co-ordinator, Assistant Manager, Holistic Therapist, Complementary Practitioner, Complementary Therapist

## Personal Statement

I have a happy, approachable and calm demeanour with a passion for healthy living and exceeding customer expectations. I love to meet people from around the world and am looking for an opportunity to relocate.

I am an excellent communicator, professional at all times and enjoy working as part of a team.

Having run the department of complementary therapies in a medical environment for five years I am looking for the next step in my career. Ideally I am looking to combine my skills as a therapist with those I have gained from my previous jobs in management and customer service as well as my enthusiasm for healthy living and a holistic approach to health.

I would like to be a part of a dynamic team and feel I have a lot to contribute on the next phase of my career path!

Seeking work in international locations

## Employment History:

**July 2008 - Present - Complementary Practitioner** at (most recent employer hidden for confidentiality) Yeovil, Somerset, UK - United Kingdom, (Hospital / Medical Clinic)

### Duties included:

I co-ordinate and deliver the complementary therapy service within a medical environment.

My role includes managing a team of volunteer therapists as well as providing advice and treatments for patients and their families.

I provide education to the clinical team on the use of natural therapies and deliver training to other members of staff. As lead complementary therapist I am a point of reference for any enquiries and advice on supporting people with life-limiting conditions.

I co-ordinate the 'National Association for Complementary Therapy in Hospice and Palliative Care' South-West group which includes chairing and organising meetings across the South-West of England.

I run support groups, pamper days and am regularly invited to be guest speaker at health awareness events at the local hospital and at public events in the surrounding area.

Other aspects of my job include conforming to infection control procedures, writing risk assessments, use of computer software, ordering stock, training in equality and diversity, ensuring the environment is therapeutic and relaxing as well as driving the department forward by coming up with new initiatives and ideas.

I work closely with other healthcare professionals and pride myself on effective team work and communication.

**December 2007 - Present - Complementary Therapist** at self-employed, Dorset/Somerset, UK - United Kingdom, (Home/Mobile)

**Duties included:**

I established myself as a self-employed therapist visiting clients in their homes as well as working from a salon and high-end holiday rental properties.

I offer reflexology, massage and Indian head massage.

I keep up-to-date with CPD including a recent course in 'hand-saving deep tissue techniques'. I intend to train in more therapies in the future however, these are my speciality areas.

This job gives my lots of experience managing my own time, being punctual and professional at all times as well as promoting myself to future clients.

I have a diverse range of clients, all requesting bespoke treatments.

**January 2014 - February 2014 - Holistic Therapist** at Nataraj Yoga, Phnom Penh Cambodia, Cambodia, (Health Club)

**Duties included:**

I volunteered at this NGO project based in a yoga studio for 2 weeks. I did treatments for the ex-pat community (donating all funds to the charity) and ran workshops. I also supported the HR department with interviewing potential candidates for reception roles. I reviewed the work of the charity to enable me to produce their international newsletter.

**October 2007 - December 2007 - Complementary Therapist** at The Health Oasis, Koh Samui, Thailand, ( Hotel Spa)

**Duties included:**

I worked at The Health Oasis on Koh Samui, Thailand for three months. I offered reflexology and Indian head massage to discerning guests on detox/yoga retreats.

I was flexible in my working to suit the needs of the business and was often 'on-call'.

The therapies I offered complemented the Thai therapies offered by the rest of the team.

I was responsible for meeting and talking to guests to promote the treatments on offer as well as ensuring they had the best possible experience during their stay.

**August 2002 - July 2007 - Assistant Manager** at Cannons Health and Fitness club, Yeovil, Somerset, UK - United Kingdom, (Health Club)

**Duties included:**

I worked for a private members health club for five years. During this time I had exposure to all the areas necessary in running such a business.

My main responsibility was being duty manager and ensuring the smooth running of the business on a daily basis.

I was actively involved in selling memberships, giving tours of the club and reaching sales targets.

Some of my job rotations included 'member service' manager -dealing with complaints and getting feedback from members as well as 'front of house' manager -running the team on reception as well as the cafe/bar.

I had health and safety responsibilities as well as checking the swimming pool/spa chemical levels, being first aid, defib and lifeguard trained.

I co-ordinated the running of swimming lessons, ensured staffing levels were correct and generally being present around the building to ensure the wellbeing of the members.

I cashed up at the end of the day as well as opening and closing the club.

I enjoyed working as part of a dynamic team (and was voted team member of the year!) -I was on-route to start an internal scheme for budding general managers however I left the organisation to pursue a career as a complementary therapist.

## **Education and Qualifications:**

### **2012 Vision to learn**

certificate to confirm training

Business Administration

### **2010 Health Academics**

VCTC diploma

Holistic Massage

### **2008 Penny Brohn Centre**

certificate to confirm training

Reflexology and cancer care

### **2007 Chaing Mai school, Thailand**

Certificate to confirm training

Thai foot massage

### **2007 The Devon Academy**

ITEC diploma

Indian Head Massage

### **2007 The Bristol School of Reflexology**

Diploma

Reflexology and Anatomy and Physiology

### **2002 The Gryphon Sixth Form, Sherborne**

A Levels in English, Biology and Psychology

### **2000 The Gryphon School, Sherborne**

11 GCSEs all A-C including maths, english and science.

## **Vocational Qualifications**

I have a full, clean driving license. I am IT literate and use computers on a daily basis.

## **Hobbies and Interests**

I pride myself on being fit and healthy with a keen interest in nutrition and healthy cooking. I am an active person who loves being outdoors -I regularly hike the coastal paths around the South West coast of England as well as mountains around the country. I also run and cycle.

Yoga is a big part of my life. I practise Hatha yoga and read widely around the principles and history.

I love to travel. I have backpacked solo around Australia, New Zealand and Fiji, hiked to base camp, Everest (raising £3,000 for charity), I have worked and travelled in Thailand as well as many European destinations.

I have a keen interest in photography and have recently attended seminars and workshops specialising in travel portraiture.

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