

# Curriculum Vitae

**Female**

**D.O.B. 14 June 1993**

**Number of years working in industry:**

**9 years 9 months**



**Candidate ID Number:** 180601

**Nationality:** British

**Language Skills:**

Fluent: English

Good: German

Basic: Arabic

**Permitted to work in:** Lebanon

**Position Sought:** Senior Therapist, Holistic Therapist, Fitness Professional, Yoga / Pilates Teacher

## Personal Statement

I am a human centred, down to Earth and kind hearted individual. I see excellent results in the people I treat, or support with their own body healing and wellness, both through my classes or one to one based sessions. I am a Neurological Physiotherapist by background, after growing up a competitive gymnast turned now Yoga teacher. My approach to therapy is the definition of holistic.

I have amazing communication skills and connect to people from all over the world easily through keen observation and listening, with an understanding of many cultures having worked, lived and studied all over the world over the last ten years. I blend together many forms of therapies and techniques as required; from martial arts, massage, Reiki and Yoga.

I am so excited to become an integral part of your team and give you my all. I will be available from March 2025 onwards. Thank you for your time and I look forward to hearing from you.

Kindest regards,

Seeking work in international locations

## Employment History:

**January 2025 - Present - Specialist Physiotherapist** at (most recent employer hidden for confidentiality) Saida Lebanon , Lebanon, (Hospital / Medical Clinic)

### Duties included:

Leading a team of specialist Physiotherapists in rehabilitation:

- massage
- functional movement and alignment education
- yoga and pilates classes (as well as one to one)
- holistic approach to all individuals
- breathing exercises
- burns care

### Products worked with:

- all natural products sourced from organic farms
- essential oils
- shea butter

**January 2024 - March 2024 - Yoga / Pilates Teacher** at Sicilian Permaculture Resort , Sicily, Italy, (Home/Mobile)

**Duties included:**

- Holding classes for up to twenty people, teaching pilates based exercises on mats

**January 2023 - December 2023 - Yoga / Pilates Teacher** at Worldwide , Porto , Portugal, (Home/Mobile)

**Duties included:**

- Pranayama
- Holistic massage
- One to one sessions
- Aromatherapy
- Sound healing
- Ashtanga Yoga

**November 2019 - August 2023 - Neurological Physiotherapist** at NHS , Southampton , UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

- One to one based treatment sessions
- Pilates classes
- Neurological rehabilitaiton
- Psychological support
- Breathing exercises
- Home visits

**Products worked with:**

- Hydrotherapy
- Yoga
- Pilates

**November 2018 - February 2019 - Holistic Therapist** at Wild Spirit , Nature's Valley , South Africa, (Day Spa)

**Duties included:**

- Holding ceremonies
- Breathing workshops
- Dance workshops
- Meditation

**Products worked with:**

- Essential oils
- Tibetan singing bowls
- Silks

**September 2014 - November 2018 - Physiotherapist** at NHS, UK , UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

- Neurological rehab
- Respiratory on call
- Orthopaedic rehab
- Paediatric rehab

- Musculoskeletal outpatients
- Geriatric rehab
- Hydrotherapy

## **Education and Qualifications:**

### **2014 Bournemouth University UK**

Bachelor of Science with Honours

Physiotherapy BSc Hons

### **2011 The Henley College**

4 A Levels: Human Biology A, Physical Education A, Health and Social Care A\*, German A

### **2009 Chiltern Edge Secondary School**

10 GCSEs all A\*-B

## **Vocational Qualifications**

Teacher Training Course TTC Ashtanga Yoga Bangalore India 200 hours

Scuba diving PADI

Reiki Level 2

Reflexology Level 1

Gymnastics Club Coach

Pitch Side Trauma Physical Therapist

Paediatric Physiotherapy Specialist

Neurological Rehabilitation Bobath Trained

Massage - Holistic approach

## **Hobbies and Interests**

- Cycling (I built my own bike frame out of bamboo!)
- Sport Climbing
- Ashtanga Yoga
- Reading about politics, and studying poetry
- Learning Arabic

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