

# Curriculum Vitae

**Female**

**D.O.B. 27 July 1972**

**Number of years working in industry:**

**23 years 10 months**



**Candidate ID Number:** 182139

**Nationality:** Namibian

**Language Skills:**

Fluent: English

Basic: German

**Permitted to work in:** Namibia, South Africa

**Position Sought:** Spa Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Massage Therapist, Fitness Professional, Yoga / Pilates Teacher, Wellness Manager

## Personal Statement

My professional work is an organic and authentic extension of my lifestyle rooted in the nurturing and shaping of my passion for health and wellness through experiential knowledge, continuous learning, research and regular practice. My approach is holistic and infused with joy, light and grace. My evolution as a benevolent conduit for therapeutic touch and movement arts is on-going.

Multifaceted Professional with Cross-Disciplinary Expertise in Wellness

Internationally trained in massage, yoga, meditation, breathwork, tai chi, and fitness.

Refined skills in administrative roles, teaching, and customer service across various sectors. Highly adaptable and flexible which is demonstrated by my work in different countries (USA, Namibia, South Africa) and in diverse settings from clinical environments to wilderness.

Diverse professional background spans Hospitality & Tourism, Education, and Health & Fitness.

Solution-oriented, proactive, and resourceful team player.

A natural at inspiring, empowering, and supporting others.

Embodies holistic health and wellness principles in her everyday life.

Seeking work in international locations

## Employment History:

**May 2024 - February 2025 - Wellness Retreat Facilitator** at (most recent employer hidden for confidentiality)  
Timbavati Reserve, South Africa, ( Hotel Spa)

### Duties included:

- Developed a comprehensive wellness retreat itinerary and spa menu.
- Contributed all creative concepts and content for the website, itinerary, menu and marketing materials.
- Collaborated with social media and marketing managers at Head Office to refine all promotional materials.
- Collaborated with the Head Guide to integrate outdoor and nature experiences.
- Key facilitator of wellness activities (yoga, meditation, breathwork, tai chi etc) catering to both groups and individuals.
- Served as the primary liaison for guests to assess their needs and manage expectations.
- Hosted guests from their arrival to departure, ensuring a personalized experience tailored to their preferences.
- Worked closely with multiple departments, including maintenance, housekeeping, front-of-house, and guiding, to connect with and engage guests from a wellness viewpoint.

- Sourced and procured operational supplies and equipment.
- Fostered a wellness-oriented mindset among team members through staff wellness initiatives.
- Led the 'Leave Your Mark' campaign by Newmark Hotels, rallying team members across departments for meaningful participation.

**February 2024 - April 2024 - Spa Manager** at Thornybush Africology Spa & Wellness, Thornybush Game Lodge, South Africa, ( Hotel Spa)

**Duties included:**

- Oversaw the daily operations of the Spa, Health Bar, and Gym
- Supervised a team of four therapists to achieve monthly targets, while providing guidance and development on Standard Operating Procedures (SOPs)
- Utilized ChiDesk (SpaGuru) for managing bookings, tracking inventory, and generating daily and monthly financial reports
- Conducted daily cash reconciliations to ensure the accuracy of room charges
- Collaborated closely with lodge managers, front desk staff, and the accountant to guarantee compliance with guest requests, financial reporting, and smooth service delivery
- Coordinated with external vendors for orders, including laundry services, juice bar supplies, spa equipment, and retail products
- Processed invoices for payment
- Performed hosting duties to provide support for Thornybush Game Lodge team members as needed

**Products worked with:**

Africology

**Career Break** - Relocating from Namibia to South Africa. Application for SA ID and volunteer work through WorkAway.

**February 2020 - April 2023 - Wellness Manager** at Habitas Namibia, Windhoek, Namibia, ( Hotel Spa)

**Duties included:**

- Played a crucial role in developing Habitas Namibia's Wellness Pillar
- Designed the Origin Series Wellness Menu, integrating traditional treatments with local practices and products.
- Acted as a key facilitator for wellness activities and specialized spa treatments
- Served as the primary guest relations liaison for the Wellness Department.
- Engaged with guests prior to their arrival through email regarding advance bookings.
- Consulted with guests about treatments and managed their reservations.
- Sourced and procured necessary equipment and operational supplies.
- Recorded daily sales in the company's POS system.
- Managed monthly inventory efficiently.
- Collaborated with various departments and guest facilitators to create guest-focused experiences.
- Recruited, trained, and supervised spa therapists and temporary staff.

**January 2019 - January 2020 - Fitness Professional** at Will's Gym, Walvis Bay, Namibia, (Health Club)

**Duties included:**

- Served as customer service liaison for membership inquiries and gym orientation
- Conducted Personal Training Sessions / Group & Private Yoga Instruction
- Monitored fitness floors to assist members and ensure adherence to safety guidelines
- Demonstrated proper and safe use of equipment
- Captured cash transactions and reconciled daily.
- Created Inventory Valuation Report for owner to assist in sale of gym.

**October 2010 - December 2018 - Freelance Therapist & Yoga Teacher** at Various Venues, Windhoek / Swakopmund, Namibia, (Health Club)

**Duties included:**

Provided my services as a yoga teacher on a part time bases to various fitness venues including Virgin Active, conducted yoga workshops and offered mobile massage therapy services.

Taught Tai Chi to groups in out door venues and offered private tuition as well.

**January 2005 - September 2010 - Self Employed as a Massage Therapist** at Angela Skin Care, Thousand Oaks, California, USA - United States, (Day Spa)

**Duties included:**

Offered massage therapy services at Angela Skin Care working in close collaboration with the owner who was an aesthetician.

Offered various treatments - Swedish, Deep Tissue, Hot Stone, Aromatherapy, Reflexology etc.

**Career Break** - Moved back to Namibia from the US in September 2010

**January 2000 - December 2004 - Massage Therapist** at Valley Chiropractic, Thousand Oaks, California, USA - United States, (Hospital / Medical Clinic)

**Duties included:**

- Assessment: Evaluate conditions to choose appropriate massage techniques.
- Collaboration: Work with chiropractors to create comprehensive treatment plans.
- Soft Tissue Manipulation: Use techniques to relieve muscle tension and improve circulation taking into account contraindications and limitations
- Pain Relief: Target specific areas to alleviate discomfort.
- Range of Motion Improvement: Enhance mobility and comfort.
- Relaxation and Stress Reduction: Promote overall health and well-being.
- Pre- and Post-Adjustment Care: Prepare for chiropractic adjustments and manage soreness.
- Patient Education: Teach self-care techniques and treatment options as outlined by chiropractors.
- Documentation: Keep accurate records for effective communication with chiropractors and follow up treatments

**Education and Qualifications:**

**2018 Thai Massage School of Chiang Mai**

Diploma

Intensive Professional Thai Massage (Level 1-2-3-4-5) 150 Hours

**2008 Fair Oaks Massage Institute Fair Oaks, California United States of America**

Certificate

Infant Massage Certification Training

**2008 YogaED Los Angeles, California United States of America**

Certificate

YogaEd Instructor

- Child Development Stages
- Practical Principles for teaching YogaEd to Students K-8
- Tools for Teachers to train classroom teachers

**2007 The Vedantic Center Malibu, California United States of America**

Certificate

Hatha Yoga Instructor Level I

- 500-hours Yoga Alliance Certified Training
  - Anatomy & Physiology
  - Asana
  - Pranayama

- Vedic Philosophy
- Meditation
- Other Aspects of Yoga

**2006 Conejo Valley Adult Education Thousand Oaks, California United States of America**  
Certificate

Bookkeeping I & II

A Comprehensive Accounting Program following GAAP Guidelines

**2005 The Touch Therapy Institute Encino, California United States of America**  
Certificate

Reiki I & II

- History and Meaning of Reiki
- Legacy of Dr. Usui
- Attunements & Energy Transmissions
- Basic Protocol - 12 Basic Hand Positions
- Individual Attunements by Instructor for the First and Second Degree Reiki

**2005 The Touch Therapy Institute Encino, California United States of America**  
Certificate

Lymphatics for Immune Response - Level I

- Functions of Lymphatic and Immune Systems
- Treatment Protocols with Hands-on-Therapy

**2003 The Touch Therapy Institute Encino, California United States of America**  
Certificate

Sports Massage

- Lecture and Demonstration
- Hands-On Practice in
  - Therapeutic Stretching
  - Sports Massage
  - Preventative Taping
  - Taping of Sports Injury
- Functional Anatomy / Physiology
- Sports Injury Theory, Treatment and Rehabilitation
- Athletic Taping, Stretching & Massage

**2003 The Touch Therapy Institute Encino, California United States of America**  
Certificate

International Association of Infant Massage Certification Course (IAIM)

- History of IAIM and Infant Massage
- Respect for Infant & Infant Communication
- Benefits of Infant Massage
- Relevant Research Facts
- Practical Application of Infant Massage
- Adaptations for Special Needs
- Practicum - Workshops for Parents

**2003 The Heart Touch Project**

Certificate

Compassionate Touch for Seniors, Children and Person with AIDS / ALS

**2002 The Touch Therapy Institute Encino, California United States of America**  
Certificate

Wholistic Face Massage

- Basic Steps in Facial Treatment
  - Cleansing
  - Exfoliation
  - Face Massage (Eastern & Western Techniques)
  - Steam
  - Mask
  - Derm-A-Globe Application

- Facial Exercises

## **2002 The Touch Therapy Institute Encino, California United States of America**

Certificate

Hand Reflexology

## **2002 The Touch Therapy Institute Encino, California United States of America**

Certificate

Reflexology II

- Relationship of the Physical form, the Nervous System, and the Vital Body
- Systems of Elimination - Digestive, Respiratory, Urinary and Integumentary Systems
- Session Plan Development, Documentation, Evaluation and Client Rapport Development Techniques

## **2002 The Touch Therapy Institute Encino, California United States of America**

Certificate

Reflexology I

- Principles of Reflexology
- Contraindications
- In-Depth Study of Nervous & Endocrine Systems
- Anatomy of Foot

## **2002 London Centre of Indian Champissage London, United Kingdom**

Certificate

Indian Champissage (Indian Head Massage)

3 Day Training Course

## **2000 Advance School of Massage Therapy Thousand Oaks, California United States of America**

Certificate

200 Hour Basic Massage Therapy

- Swedish
- Deep Tissue
- Business Practices
- Hygiene & Sanitation
- CPR & First Aid
- Various Aspects of Massage Lecture Series
- Practical Massage (Internship at a Chiropractic Clinic)

## **1998 California Lutheran University**

Graduated Cum Laude with a GPA of 3.67 (4.00 scale)

## **Product Training:**

**March  
2025**

**No product training.**

Not product training.

No product training.

## **Vocational Qualifications**

Basic First Aid

Continuing Education in Progress

- NASM Personal Trainer Certification (Exam Date June 2025)

## **Hobbies and Interests**

Reading

Running

Fitness & Nutrition

Health & Wellness

Meditation

Nature Adventures (hiking, trail running, camping etc.)

Movement Arts

Lifelong Learning

Learning Languages

Volunteering

Gardening

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