

Curriculum Vitae

Female

D.O.B. 11 November 1965

Number of years working in industry: 25 years 7 months

Candidate ID Number: 18267

Nationality: British

Language Skills:

Good: English

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist

Personal Statement

I have achieved a solid understanding of customer care, business management skills, accountancy and most of all great level of communication (Important part of business) I have, through my experience gained great leadership and team building skills. I have a meticulous skills at juggling multi-tasks, delivering the best standard, and able to work under pressure to meet business requirements.

Seeking to work in UK

Employment History:

October 2010 - Present - Self employed at (most recent employer hidden for confidentiality) Surrey, UK - United Kingdom, (Home/Mobile)

Duties included:

I am an individual who is client focused, presently running a small cleaning services for the past three years, mainly delivering a high standard of service tailor made to each clients needs. The service focuses on the clients environmental health, this is achieved by using only the best in environmental cleaning products, less harmful toxicity. Though out my working life, I have achieved a solid understanding of customer care, business management skills, accountancy and most

of all great level of communication (Important part of business) I have, through my experience gained great leadership and team building skills. I have a meticulous skills at juggling multi-tasks, delivering the best standard, and able to work

Career Break - Training - industry-related

January 2006 - November 2006 - Administrator at Dudley Bowers Domestic Services, Leatherhead, Surrey, UK - United Kingdom, (Product Company)

Duties included:

Answering calls, dealing with all calls out for contractors, dealing with jobs by fax, logging all data and job completions. This role was 12 hour night shifts

Career Break - Maternity/Paternity leave

January 2004 - November 2006 - Care Assistant at Recruits Employment Agency, Epsom, Surrey, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

Traveling to different care homes, working a long side and supporting people with learning disabilities. My role including daily support in every day care, bathing, dressing, serving meals, taking clients to appointments throughout the day. Attending hand overs and multi-disciplinary team meetings. Filing case notes and reports of clients behaviour patterns throughout the day

January 2001 - October 2003 - Fitness Instructor/Life guard at Rainbow Leisure Centre, Epsom, Surrey, UK - United Kingdom, (Health Club)

Duties included:

Duties: Fitness programs, Personal fitness instructions, gym inductions, maintenance of gym and equipment. Teaching fitness classes, poolside monitoring, health and safety care, monitoring chemicals levels of pool water. Cleaning of poolside and changing rooms

Career Break - Job hunting

April 1996 - July 2000 - Care Assistant at St Ebbas Hospital, Epsom, Surrey, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

Working a long side and supporting people with learning disabilities. My role including daily support in every day care, bathing, dressing, serving meals, taking clients to appointments throughout the day. Attending hand overs and multi-disciplinary team meetings. Filing case notes and reports of clients behaviour patterns throughout the day

Career Break - Job hunting

August 1993 - March 1996 - Fitness Professional at Champneys, Piccadilly, London WC1, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

Duties: Fitness programs, Personal fitness instructions, gym inductions, maintenance of gym and equipment. Teaching fitness classes. Interviewing fitness staff.

July 1992 - January 1993 - Fitness Professional at Steiners, London WC1, (5 Star Hotel Spa)

Duties included:

Fitness programs, Personal fitness instructions, gym inductions, maintenance of gym and equipment. Teaching fitness classes. I also was included with target sales, selling spa products and treatments to customers.

Products worked with:

Elemis, Guinot,

March 1986 - November 1992 - Fitness Professional at YMCA, Surbiton, Surrey, UK - United Kingdom, (Health Club)

Duties included:

Fitness programs, Personal fitness instructions, gym inductions, maintenance of gym and equipment. Teaching fitness classes, fitness programs for GP referrals.

Education and Qualifications:

2013 Jing Institute of Advanced Clinical Massage and Sports Therapy

AMCT Certification, ITEC, AOR

Presently studying with the JING Institute of Advanced Clinical Massage and Sports Therapies. It is a three year course, first of its kind in the UK to produce a Degree level,

1982 Balby high School

Grades achieved, 3, "O levels" Art and Design, Sports Education and PE.

GCSE 3-4 grades in Maths, English, Sciences and History

Product Training:

September 2013 Advanced Clinical Massage/ Sports Therapy

Jing Institute. Brighton

Course outline: Sports techniques, Soft tissue release, Fascia, marketing, myofascial release, structural fascia bodywork, anatomy of injury, pathology, orthopedic assessment, rehab techniques, hot stones and amma fusion.

November 2012 Health Sciences

The School of Natural Sciences, London W1

Holistic therapies: Meridian psychology, Acupressure, Nutrition and foundation of Kinesiology

February 2011 Spiritual Studies

BSY Group Ltd. Devon

Spiritual Studies: Spiritual Healing. NLP, Vibrational Reflexology

April 2010 Reiki Healing

Lucis College, Dorking, Surrey

Ayurvedic and Chinese Traditions

April 2010 Reiki Healing Practitioner

Lucis College, Dorking, Surrey

Reiki level 1 and 2

June 2007 Holistic Massage

Sutton Adult Education

Holistic Massage: Variation's of massage techniques, anatomy and physiology, pathology, consultations forms and contraindications of treatments

Hobbies and Interests

I have various interests, although my main interest is in health, fitness and complementary therapies. I am a gain person who enjoy maintaining a general level of fitness and nutrition and have experience with in the fitness industry, I also took part in fitness competitions in the past.

In my spare time, I attend workshops and courses to update my knowledge of holistic health and well-being. A part from all this, I love to spend one day a week being relaxed and lazy.

CV created at www.spastaff.com

