

# Curriculum Vitae

Male

D.O.B. 02 December 1972

Number of years working in industry:

25 years 1 month



**Candidate ID Number:** 18308

**Nationality:** Irish, British

**Language Skills:**

Fluent: English

Basic: Russian

**Permitted to work in:** European Union, UK - United Kingdom

**Position Sought:** Massage Therapist, Fitness Professional, Remedial/Sports Massage Therapist

## Personal Statement

I'm a Fully qualified Remedial/Sports Massage Therapist with many years of practice and study.

I am very hardworking trustworthy, and take pride in my work study, and career.

I'm confident with great communication skills.

I have been working self employed as a therapist and have gained many skills and techniques in my field of work.

In my last qualification I received an award of excellence and was top of my class.

## Employment History:

**January 2001 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Derry, N.Ireland, UK - United Kingdom, (Health Club)

### Duties included:

I was the group exercise studio co-ordinator.

I was responsible for the running of all the fitness classes and events in this area.

I was also a gym instructor, group exercise teacher, personal trainer, and Remedial/Sports massage therapist.

### Products worked with:

I have worked with Sports massage creams and oils such as Song bird, Almond oil, and basic massage oil.

**Career Break** - Training - industry-related

**June 2008 - September 2010 - Massage Therapist** at Self employed, Derry, Northern Ireland, UK - United Kingdom, (Home/Mobile)

### Duties included:

I have worked from home as a Remedial/Sports massage therapist.

### Products worked with:

I have worked with both creams and oils.

I have have also worked with heat and ice treatments.

## **Education and Qualifications:**

### **2012 N.W.I.F.H.E**

Advanced Diploma

N.I.M Advanced Diploma in Remedial Massage Therapy.

V.T.C.T Level 3 Sports Massage Therapy.

V.T.C.T Level 4 Remedial/Sports Massage Therapy.

Achieved the VTCT Award of excellence.

### **2012**

### **2012 N.W.I.F.H.E**

Sept 2010 Achieved VTCT, Level 3 in Remedial/Sports Massage Therapy

June 2012 Achieved VTCT, Level 4 in Remedial/Sports Massage Therapy

### **1986 St Brigid's High School**

G.C.S.E

English B

Art B

Business Studies C

H.E. C

## **Vocational Qualifications**

I have qualification in

Fitness instruction

Spinning Cycle classes

Gym instruction

Aerobics/Stretch/Fit ball Etc

Lifesaving

CPR/First aid

## **Hobbies and Interests**

My hobbies are painting, Resistance training, mountain biking, learning Russian playing, my guitar and PS3.

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

