

Curriculum Vitae

Female

D.O.B. 04 November 1965

Number of years working in industry: 12 years 7 months

Candidate ID Number: 18859

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish, French

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist

Personal Statement

I am a very positive person with a great understanding of what hard work means. I am adaptable and practical with good problem solving abilities. Always smiling.

Seeking to work in UK, International Locations and Cruise Ships

Employment History:

July 2013 - Present - Massage Therapist at (most recent employer hidden for confidentiality) Bristol, UK - United Kingdom, (Home/Mobile)

Duties included:

The specialisms that I've worked with more regularly are:

- Sports massage for pre or post event muscle and joint maintenance and repair.
- Deep tissue massage for more chronic non-sports related muscle tension.
- Therapeutic massage for general relaxation and stress reduction.
- Mobilisation and passive stretching to enhance range of motion and assess for mobility reduction.
- Breathing techniques to support one or two clients with asthma and allergies.

Other detail:

- I am used to completing an initial consultation questionnaire and reviewing it before a return visit before discussing and agreeing the plan for the specific session.
- I have attended three CPD courses since qualifying - Massage and Pregnancy; Chair Massage and An Introduction to Thai Massage.
- I have an excellent knowledge of anatomy and physiology and am confident with pathology principles.
- I am registered with the MTI and CNHC, am fully insured and hold a valid First Aid certificate.

Education and Qualifications:

2013 BCMB

Certification in Chair Massage/Massage and Pregnancy/Intro to Thai Massage

2013 Bristol School of Massage and Bodywork (BCMB)

Level 4 - MTI

2003 Lifetime Health and Fitness

Level 3 Personal Trainer

Vocational Qualifications

First Aid 2013

Scuba Diving 1987

Hobbies and Interests

Softball, running, Cycling, climbing, swimming, water skiing,
movies, books, music,

Coastal and mountainous walking

CV created at www.spastaff.com

