

# **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](http://www.spastaff.com)

