

# Curriculum Vitae

**Female**

**D.O.B. 18 November 1975**

**Number of years working in industry: 20 years 1 month**

**Candidate ID Number:** 18917

**Nationality:** British

**Language Skills:**

Fluent: English, Urdu, Pujabi

Good: Arabic

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Regional Senior Manager, Spa Manager, Assistant Manager

## Personal Statement

I am a professional female looking for a career development opportunity, particularly in the health and fitness sector. I am excited and enthused by working with people who share the same motivation as I do; to get populations to live healthier lifestyles by being more active and making positive lifestyle choices.

I am also very passionate about spa/beauty therapy and would lend my expertise to develop any business model in this industry.

Leadership and teamwork are my two main strengths when managing effective projects. I also lend my strengths to developing valuable partnerships with key stakeholders to achieve shared objectives

Seeking to work in Saudi Arabia

## Employment History:

**October 2007 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Edinburgh, UK - United Kingdom, (Health Club)

### Duties included:

Health & Physical Activity Manager

1. Lead a team of 14 Development Officers and Health Instructors to develop and implement health and physical activity programmes.
2. Strategically influence the direction of health improvement through physical activity for the Edinburgh population, in partnership with the Health Department
3. Work with internal managers to ensure the company is performing according to; pricing, product development, income and usage targets, budgets and marketing campaigns
4. Measure the impact of health and physical activity programmes by ensuring robust measures are in place, target indicators are set and transparent, and that evaluation is integrated in all aspects of the business.
5. Corporate funding growth - to expand the business by attracting additional investment to develop and deliver more programmes of activity. (450K per annum attained)

**January 2007 - Present - Treatment Manager / Spa Trainer** at Total Beauty Works, Edinburgh, UK - United Kingdom, (Health Club)

### Duties included:

- manage the day to day operation of the salon
- stock all beauty rooms with appropriate resources
- brief al beauticians on a daily basis of needs for the day
- deliver beauty treatments; nails, celebrity brows, massage, facials etc

### Products worked with:

Elemis

Shellac

Gel

**January 2006 - January 2009 - Beauty Therapist** at Body Beautiful, Edinburgh, UK - United Kingdom, (Home/Mobile)

### Duties included:

To deliver beauty therapy treatments to clients int heir homes.

## Education and Qualifications:

### 2011 Strathearn College Drummond Education Carlton Beauty Institute

Management SVQ Level 5

Personal Training Level 3

Weight Management

Gym Instruction Level 2

Beauty Therapy Level 2

### 2000 Edinburgh University

BA Community Education

## Product Training:

### November 2007 Elemis

Edinburgh salon

Elemis - facial treatments and products

Trained by regional manager on how to appropriately use each product according to customer skin needs

## Vocational Qualifications

First Aid

CPR

Child Weight Management

Leadership

Creative and Innovation

Project Management

## Hobbies and Interests

Keeping myself active and fit - running, interval training, team sports

Social - movies, eating out, parties

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

