

Curriculum Vitae

Female

D.O.B. 15 March 1978



Number of years working in industry:

14 years 5 months

Candidate ID Number: 19100

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, Complementary Therapist

Personal Statement

I am kind, caring, compassionate, I like to listen but I also like to have fun and consider myself to be a loyal employee and friend.

Seeking work in the UK, international locations and on cruise ships

Employment History:

September 2011 - Present - Massage Therapist at (most recent employer hidden for confidentiality) Upminster, UK - United Kingdom, (High Street Salon)

Duties included:

I am a dedicated and qualified sports massage therapist with an enthusiastic and hard working approach. I have two years of experience in deep tissue and sports massage; I enjoy working on my own initiative and am self-motivated. My warm and sincere approach to massage and people, along with my passion for the therapy, make me a strong candidate.

Qualifications Summary

- Sports massage therapist dedicated to providing quality therapeutic massages and educating people on overall health and wellness.
- Succeeded in building an efficient private practice while studying for VTCT Level 4 in Sports Massage and working alongside other massage therapists.
- Able to uphold moral ethics to help promote a positive view on the industry.
- Established and maintained excellent client relationships to ensure higher number of repeat clientele.
- Instructed clients in proper care and helped individuals take steps to improve their health.
- Qualified in: Swedish massage, deep tissue massage, sports massage, trigger point techniques, passive stretching/MET t

Work Experience

- Massage Therapist: Self-employed Sept 2011 - Date
- Providing massage services to clients using safe, appropriate and effective techniques.
- Performed health history on clients and updated prior to each session; ascertained precautions/contraindications for massage prior to each session.

- Performed therapeutic massages on clients with musculo-skeletal problems such as back and neck pain, rotator cuff injuries, sports injuries and stress related conditions.
- Observed client reaction to massage and modified as necessary.
- Solicited feedback and responded accordingly.
- Documented all sessions performed according to established guidelines.
- Leaving clients relaxed, impressed and looking forward to the next session.
- Other responsibilities include: Maintaining client confidentiality and sensitivity to age and gender related issues during all client interactions; reporting any unusual client interactions to supervisor immediately, scheduling and maintaining appointments.
- Explained procedures and applied techniques appropriate to client needs and preferences.
- Performed therapeutic massages on clients with musculo-skeletal problems such as back and neck pain, rotator cuff injuries, sports injuries and stress related conditions.
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- Solicited feedback and responded accordingly.
- Documented all sessions performed according to established guidelines.
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Products worked with:

Elemis, Aromatherapy oils and Ayurvedic oils, Aromatherapy associates.

Education and Qualifications:

2011 Havering College

VTCT Body Massage Level 3 Diploma

VTCT Sports Massage Levels 3 and 4 Certificate

1989 Havering Technical College

Legal Secretary Diploma

1987 St Edwards C/E Comprehensive

GCSES in English, History, Art, Biology

Product Training:

September 2011 VTCT product training

Havering College, Essex

Vocational Qualifications

Legal Secretary Diploma

Experience in Microsoft Word, Office, Excel, Powerpoint and other IT packages

Hobbies and Interests

I love practising Yoga and meditation, I like running, cycling, reading, learning about current affairs, listening to music, helping others and spending time with people.

