

Curriculum Vitae

Female

D.O.B. 22 May 1961

Number of years working in industry: 22 years 5 months

Candidate ID Number: 20082

Nationality: British, New Zealander

Language Skills:

Fluent: English

Basic: German, French

Permitted to work in: New Zealand, UK - United Kingdom

Position Sought: Holistic Therapist, Yoga / Pilates Teacher

Personal Statement

- I am service oriented and put my clients first
- I am approachable, reliable, responsible and dedicated
- I seek to deliver excellence
- I am articulate, intelligent, and a team player
- I have in depth knowledge, expertise and experience in my chosen field

Seeking to work in the UK, New Zealand and International Locations

Employment History:

September 2003 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Wellington, New Zealand, (Health Club)

Duties included:

- Creating and teaching safe, appropriate exercises on all Pilates studio equipment both privately and in groups to all ages and abilities
- Teaching yoga postures and mat work classes privately and in groups to all ages and abilities
- Teaching classes in the Alexander Technique
- Giving Reiki/healing sessions
- Receptionist duties eg. taking phone messages, answering the phone, logging clients in on mindbody online software, taking payment, welcoming clients.

Products worked with:

- Reformer
- Trapeze Table
- Wunda Chair
- Ladder Barrell
- Matwork
- Small Equipment
- Arc Barrell

Education and Qualifications:

2013 Performance Pilates, Wellington, NZ

Certification

- Pilates Mat and Studio Teacher Training

2003 Pilates International - Sydney, Australia

Pilates Matwork Certification

- Pilates Mat Work Certification by Pilates International - Australia

1997 The Reiki Network David and Helen Prosser Reiki Masters, Turua, NZ

Certification Usui System

- Reiki 1 June 1996
- Reiki 2 October 1997

1994 Alexander Teacher Training School Oxford UK

Certificate

Certification as a teacher of the Alexander Technique

1987 School for New Dance Development, Holland

1982 Laban Centre for Movement and Dance London, UK

BA Hons Dance Theatre

Vocational Qualifications

- IT Skills: Microsoft Word, Outlook, Excel
- Choreography and Dance Performance

Hobbies and Interests

- Yoga
- Reading
- Music - playing and listening
- Cooking
- Cycling
- Dancing

CV created at www.spastaff.com

