

Curriculum Vitae

Female

D.O.B. 05 May 1970



Number of years working in industry:

23 years 2 months

Candidate ID Number: 22704

Nationality: British

Language Skills:

Good: English

Permitted to work in: UK - United Kingdom

Position Sought: Head Therapist, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Event Coordinator

Personal Statement

I would welcome the opportunity to work abroad in either a Spa setting or for a family unit. I have always had a passion working in the care field and in holistic health care and being able to make a difference in people's health and wellbeing. I have continuously worked hard to achieve my goals to the best of my ability individually and as part of a team. I enjoy working within the community sector and spending time with clients, listening, demonstrating genuine care and interest in their needs, helping to support client's needs and providing information, knowledge and advice to enable people to access support for their mental, emotional or physical wellbeing. I feel my skills and experience I have achieved as a complementary therapist are transferrable to work with you or your company.

Seeking to work in International Locations

Employment History:

August 2004 - Present - Complementary Therapist at (most recent employer hidden for confidentiality) Newstead Abbey, UK - United Kingdom, (Home/Mobile)

Duties included:

I provide a holistic therapy service to a wide range of individuals in the community, treatments range from Aromatherapy, hot stones, facials, Indian head massage, Onsite massage, deep tissue, swedish, remedial massage and reflexology. As part of my role I advise clients on how to enhance their well-being with exercise, diet and relaxation techniques. I also work closely with clients who are currently suffering with the effects of Mental Health, using a combination of therapies I provide alternative coping mechanisms. I also include consultations, care plans, assessments, reviews, taster sessions and service user feedback. The care plans provided involve guidance and information about services and support available (signposting). As part of a team I have experience as an events coordinator with the Holistic Health Team which involves organizing tailored complementary therapies and workshops to the organisations who booked our service. My role entails the complete organisation of these projects, starting up from drawing up a proposal and issuing a service level agreement, booking therapists, scheduling information and evaluating the event and feeding back to the organisation. My role as coordinator requires me to keep the director of the team updated on projects and practitioners who are delivering the therapy service. I adhere and understand the importance of maintaining professionalism and conduct good behavior at all times upholding the reputation of the service provided. I have been able to increase my awareness surrounding communication and listening, this has enabled me to apply and assess individual needs. As a Complementary Practitioner working within the wider community I have gained experience by working with a diverse range of Individuals, this has enabled me to provide a tailored service in view to improving a clients physical and mental well being. Working with the Holistic Health Team has given me insight into the importance of being a strong team player and at the same time being able to work under my own initiative. Working this way has increased my understanding with regards to the importance of best practice in service delivery so as to reach the most effective outcome for each clients care and support plans.

September 2015 - Present - Holistic Therapist at Serentiy Pamper Company, Cheshire, UK - United Kingdom, (Home/Mobile)

Duties included:

I work as a freelance holistic therapist providing a range of treatments which include aromatherapy, hot stones, Indian head massage, onsite massage, holistic facials, deep tissue, swedish, remedial massage, reflexology, manicures & pedicures to private pamper parties. I am responsible for time keeping, working alongside other therapist and delivering a high standard of service and maintain the importance of good customer care in a professional and repeatable manner.

November 2013 - Present - Holistic Therapist at Pathfinders Neurological Specialist Care Centre, Ollerton , UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

I worked in a multi disciplinary team and my main duties were with the therapy team which consist of physiotherapists, physio assistant, occupational therapist and activities coordinator and my role was the holistic therapist. Holistic health is an intervention for service users for their well being. I provided aromatherapy, holistic facials, reflexology, Indian head massage, massage, mini manicures and pedicures. I also delivered pamper and relaxation group sessions to the residents each week. I was responsible for managing the holistic time table which needs to not coincide with the physiotherapists timetable which is flexible on a weekly basis.

I kept daily records of the treatments I provided to each individual and document what treatment was given onto the individuals continuation sheet. I reported any issues that arised regarding the wellbeing of the residents. stock levels were maintained and ordered, for the products required for this service. I also provide private treatments to the residents and issued receipts to their personal accounts accounts. Maintained health and safety regulations, policies, procedures and strict confidentiality of clients at all times.

Products worked with:

Welda, Natures Way, Aromamatics

October 2015 - Present - Head Therapist at Manchester University , Manchester , UK - United Kingdom, (Home/Mobile)

Duties included:

I provide a weekly therapy service to the Wellbeing Rooms at the university for the students & staff. I am responsible for the booking system, maintaining my database, administration of payments & provide a reputation service. Work along side the beauty therapist & Ostopath who are part of the wellbeing service. Provide staff well being days & take part in the university's wellbeing weeks, also organise & recruited local therapist for wellbeing events. Adhere to strict confidentiality procedures for each client & follow polices, procedures of the university.

Products worked with:

Potion products are promoted & sold throughout the wellbeing service

November 2015 - Present - Massage Therapist at Hands on Health UK, Nottingham , UK - United Kingdom, (Home/Mobile)

Duties included:

Provide onsite massage to a variety of corporate organizations in Nottingham ,Manchester & the surrounding counties. Work professionally & abide by the company's polices & procedures. Adhere to strict confidentiality of clients. Maintain client care at all times & give advise on relieving muscular tension, posture & stress relief techniques. Uphold & maintain the reputation of the company.

December 2002 - December 2013 - Holistic Therapist at The Carers Federation, Nottingham, UK - United Kingdom, (Home/Mobile)

Duties included:

My role at Regents House was a Complementary Therapist where I provided a weekly holistic health therapy service to the carer's who were affected by a family members substance misuse. Holistic health was an intervention for service

users care plans and I provided aromatherapy, facials, deep tissue massage, Indian head massage, reflexology and swedish massage. I also was able to make professional recommendations for a clients health and well being, these plans included exercise, diet, relaxation methods and the use of essential oils. These therapies were used to elevate the effects of stress caused by clients who were suffering with mental health issues. Therapy sessions also included consultations, care plans, assessments, reviews, pampers sessions and service user feedback. The care plans involved, guidance and information about services and support available for them to access (signposting). I worked alongside the care & support team and used my own initiative within the service. I have had to use good effective communication skills, this entails excellent listening skills and being aware of a persons body language and being able to respond to very sensitive issues surrounding a service users health and well being. I am aware how Important it is to know when to report any concerns that may be raised during consultation to the relevant support workers or management, especially if they are at risk to themselves or others. I understand the importance of adhering to professional boundaries, good communication, keeping up to date records or logs, maintaining professionalism, confidentiality and working alongside the organisations policy's and procedures.

June 2004 - September 2009 - Holistic Therapist at Mary Potter Health Centre, Nottingham, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

I worked as a Complementary Therapist providing a weekly complementary therapy service at the Women's Multicultural Group. I delivered Taster sessions in massage therapies in view to allowing mothers to experience relaxation and time out from caring for their young children; they were also able to access support and advice from the community nursing team. This was my first role as a therapist in which I gained valuable experience working in the community with a diverse range of Women of all ages and ethnicities, understanding the needs of Women's health issues and the challenges they face on a daily basis. As part of my role I delivered therapies to Women, who were vulnerable, had low or no confidence and self-esteem. At times broken languages were being spoken therefore listening, care plans, reviews, sign posting, liaising with colleagues, reassurance and communication was important in treatment delivery. There were effective outcomes with complementary therapies being available to the group and being part of a professional caring team, we were able to have positive impacts on enhancing Womens lifestyles. As part of a group and the therapies they received the women felt valued, heard and regained confidence by being part of the group. Professional therapeutic relationships were maintained within the service and I gained awareness in treating vulnerable people. I gained understanding of the importance of working well within a team, using my own initiative, with the utmost importance of confidentiality, trust and boundaries. I also gained organisational and coordination skills to maintain a fair booking system. Maintained professional boundaries & confidentiality at all times.

July 2004 - March 2007 - Holistic Therapist at Sure Start, Nottingham, UK - United Kingdom, (Home/Mobile)

Duties included:

During my role as a therapist at the Multi-Cultural Women's Group, Sure start attended sessions of the service and seeing the effective outcomes the Women were benefiting from the holistic therapy sessions, I was booked to provide taster sessions of massage therapies to various mother and toddler groups in Nottingham. My service was delivered on a regular basis and I gained similar experience working in different settings within the community at Sure Starts Mother & Toddler groups. I gained insight into more complex emotional, mental and physical health conditions whilst working with a diverse range of people. I continued to gain excellent communication, listening,, organisational skills, empathy, understanding and the importance of adhering to working alongside the charity's guidelines, confidentiality, polices and procedures whilst working in the community sector and with vulnerable people.

October 2005 - December 2006 - Holistic Therapist at Capital One, Nottingham , UK - United Kingdom, (Home/Mobile)

Duties included:

As a Freelance Complementary Therapist I provided a monthly holistic therapy service for staff members through coordinating a booking system via email directly to clients. Treatments available to staff members ranged from aromatherapy, Indian head massage, hot stone therapy, facials, reflexology and Onsite massage. Also as part of the service I provided staff well-being days on a regular basis at Capital One. My role also required me to arrange and coordinate therapists for the Children In Need Events on a yearly basis (In conjunction with the Holistic Health Team from 2009 to 2012). Adhered to strict Confidentiality polices & maintained professional boundaries. My skills gained from this role were mainly organisational, planning and the use of effective communication skills regarding coordinating events and treatment delivery.

Education and Qualifications:

2010 Gratham College

Foundation Degree

Foundation Degree Complementary Approaches to Health & Social Care.

Aromatherapy, Chemistry of Essential Oils, Human Body, Working Professionally Alongside Service Users and the Multi-disciplinary Team & Research Study Skills and Personal Development

2008 MISP

Continuing Professional Development

Massage In Schools Instructor

2005 Peoples College in Conjunction with the Holistic Health Team

OCN Level 3

Specialist Complementary Healthcare Practice in Substance Misuse

2004 Clarendon College

Diploma VTCT Level 3

Holistic therapies: Aromatherapy, Swedish massage, Indian head massage, Reflexology, Holistic facials, Advanced massage,

2004 PA Aromatherapy

Continuing Professional Development

Hot Stone Massage

1983 Perveril Comprehensive

Gained a good general education but no exams taken

Vocational Qualifications

IT Skills Microsoft office, Power Presentaion, Excel

Hobbies and Interests

Yoga, Dancing, Aerobics, Zumba, Exercise, Swimming, Music, Nature, Sea, Walking, Meditation, Health & Wellbeing

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