

# Curriculum Vitae

**Female**

**D.O.B. 09 July 1977**

**Number of years working in industry:**

**16 years 8 months**



**Candidate ID Number:** 22960

**Nationality:** British

**Language Skills:**

Fluent: English

Good: French

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

**Position Sought:** Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist

## Personal Statement

I am a professional, dynamic and confident therapist with over 18 years experience working in the health and wellness industry. I am client focused, and driven to provide exceptionally high treatment standards. My warm and sincere approach to massage, and my passion for helping people, makes me a considerable asset for any employer.

**Skills:**

Excellent communication and client care skills, including the ability to listen and empathise with clients' health or emotional issues. Ensuring their expectations are met.

- Highly organised and excellent time keeping
- Flexible, adaptable, reliable, responsible and dedicated
- Self motivated and enthusiastic and have the ability to remain good humoured and calm
- Positive and optimistic, capable of working on my own initiative or as part of a team
- High personal standards and a smart appearance

I'm seeking opportunities to work with a professional company, delivering high quality services in the UK, International locations and Cruise Ships.

## Employment History:

**June 2009 - Present - Complementary Therapist** at (most recent employer hidden for confidentiality) Chesham & the surrounding areas, UK - United Kingdom, (Home/Mobile)

### Duties included:

As a self-employed therapist ,I have set up and run my own business, this includes:

Marketing/Advertising: Producing marketing materials including a website for advertising to prospective and existing client's.

Networking: Building new relationships and generating business opportunities.

Continous Professional Development: Attending courses to offer clients a range of treatments.

Corporate Events: Providing treatments at a clients workplace or venue nationwide.

Diary Management: Managing online appointment bookings.

Client Consultation/Treatment Record: Devising forms and collecting client information and recording ongoing treatments.

Risk Assessment: Devising forms and carrying out an assessment at a workplace.

Equipment/Laundry: Checking equipment is in working order and maintaining high hygiene levels between treatments.

Sourcing/Ordering: Equipment, stock and insurance

Accounts: Keeping a record of sales and expenses

## **Education and Qualifications:**

### **2016 Middlesex School of Complementary Medicine**

Certificates to confirm training

Post Graduate (Advanced) Qualifications:

2017

Training in progress (Exam planned for April 2018) London School of Massage

ITEC Level 3 Reflexology Diploma

2016

Baby and infant Massage Instructor

Pregnancy Massage

Blending Aromatherapy Oils

2015

Indian Head Massage

Hot Stone Therapy

Advanced Facial Massage

Muscle Energy Techniques (MET)

Deep Tissue for the Hip and lower limb Massage

Abdominal Massage

Sciatic Pain & Piriformis Syndrome Massage

2013

Reiki Level 2

Lymphatic Massage

Soft Tissue Release Therapy (STR)

Trigger Point Therapy

2010

Thai Foot & Hand Massage

Deep Tissue Massage

2009

Onsite (Seated Meridian Acupressure) Massage

Reiki Level 1

### **2006 Middlesex School of Complementary Medicine**

ITEC Diploma Level 3

Holistic Massage Therapy

Professional Conduct and Business Awareness

**2000 University of the Arts, London**

BA Hons Printed Textile Design and Surface Decoration

**1998 Amersham & Wycombe College**

A Level: French. HND Textile Design. GNVQ BTEC Advanced Art and Design. GNVQ BTEC Intermediate Art and Design

1993 St Joan of Arc School

GSSE Level: English, Maths, Science, French, Art, History, Religious Education

## **Vocational Qualifications**

2016 Emergency First Aid at Work, First Aid Training Organisation

2010 Practical Sailing Course - Competent Crew, Sunsail

2004 Adobe Creative Suite for Graphic Design and Desktop Publishing

2004 Marketing Skills

2003 Level 2 in Counselling Skills, Amersham and Wycombe College

## **Hobbies and Interests**

Alternative Medicine, Meditation, Keeping fit, Nutrition, Nature, Art, Design, Antiques, Drumming, and Worldwide exploring.

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

