

# **Curriculum Vitae**

**Female**

**D.O.B. 29 December 1992**

**Number of years working in industry: 5 years 3 months**

**Candidate ID Number:** 25088

**Nationality:** British

**Language Skills:**

Fluent: English

Good: German

Basic: Spanish

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

**Position Sought:** Assistant Manager, Head Therapist, Senior Therapist, Massage Therapist, Fitness Professional

## **Personal Statement**

### **Employment History:**

**November 2015 - August 2016 - Massage Therapist** at (most recent employer hidden for confidentiality) Ruby Princess, (Cruise Ship)

#### **Duties included:**

Working onboard grand class vessels with large teams and aggressive targets. As senior massage therapist in a team of 28 I undertook all massage, body and facial treatments offered in our luxury on board spa, including body scrubs, wraps and reflexology. Within this role I was constantly learning new skills and enhancing my revenue generating ideas. In addition to executing the highest level of customer care and service, I took responsibility for marketing and self promotion to ensure I am always busy. With my excellent communication and interpersonal skills I increase spa revenue by 50% through maximising each guest, advising on additional services within the spa and prescribing home care regimes for their complete spa experience. I am dedicated and passionate about the ever changing needs and desires within the spa industry. End of day duties involved cleaning of the spa, restocking, and balancing finances.

#### **Products worked with:**

Elemis, La Therapie, Bliss

**Career Break - Training - industry-related**

**December 2014 - May 2015 - Massage Therapist** at Reload Sports Massage, St Anton Am Arlberg, Austria, (Hospital / Medical Clinic)

#### **Duties included:**

During the winter season I worked alongside a team of five other therapists delivering a high standard of sports massage, remedial and relaxation techniques to a specialised cliental of the skiing and snowboarding background. As the only clinic in resort, work demand was high, therefore it was common to deliver massages back to back from 6-8. This experience has developed my stamina as a therapist, ensured punctuality within my treatments, demanding quick turn arounds and excelled my manual therapy techniques. Other tasks involved in this role were organising bookings, responding to phone and e-mail enquiries, and ensuring information was processed appropriately and efficiently and cashing up daily. All data was stored into a membership system, Cliniko, in which was kept up to date and accurate

**August 2014 - December 2014 - Fitness Professional** at No.3 Studio, Tidworth, Wiltshire, UK - United Kingdom,

(Health Club)

**Duties included:**

During my time at No.3 I took the role as a specialised fitness instructor through the use of whole-body vibration training on power plate technology. I was able to integrate rehabilitation into my sessions for those clients with specific injury sites and design training programmes to those looking to increase general fitness. Whilst working here, I had the opportunity to rent a room and continue sports massage to private clients.

**Products worked with:**

Powerplate technology, sunbeds.

**September 2010 - June 2014 - Massage Therapist** at Evolution, Andover/Hampshire, Teddington/Middlesex, UK - United Kingdom, (Home/Mobile)

**Duties included:**

Providing sports massage and rehabilitation advice to private clients with whom I built rapport relationships with. I performed a first class service with exceptionally high levels of customer focus and service. I was responsible for stock maintenance and developing promotions designed to maximise cliental.

**March 2014 - May 2014 - Massage Therapist** at AFC Wimbledom, New Malden, Middlesex, UK - United Kingdom, (Health Club)

**Duties included:**

Assisting the First Team physiotherapist in the day-to-day running of the medical department. I was responsible for the delivery of a wide range of soft tissue treatments, electrotherapy and strapping to first team players during training and match days. It was my responsibility to assess acute injuries and designing and implementing appropriate daily rehabilitation sessions

**October 2013 - March 2014 - Massage Therapist** at SIMMS FC, Twickenham, Middlesex, UK - United Kingdom, (Health Club)

**Duties included:**

For two seasons I was a valid member of the University's Football Club. From taking the position as head physio, I gained the knowledge and skills necessary to recognize and evaluate the status of an individual and implement the appropriate course of management to facilitate the recovery of function and return to play. Building a close relationship with the players and manager, I was a trusted and approachable friend for all. I feel this was gained through my sound ability to educate the players, applying strong evidence-based clinical knowledge in order to identify individual needs and justify the course of action. I believe this encouraged and motivated injured players to take ownership of their recovery.

**September 2013 - November 2013 - Massage Therapist** at St Mary's Rehabilitation Clinic, Twickenham, Middlesex, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

Three days a week I worked in a clinical environment, where I would treat a minimum of 4 clients a day from a wide range of sporting backgrounds. I enjoyed this role as it allowed me to come across chronic conditions permitting me to excel on my biomechanical analysis. When appropriate, I was able to implement pre-exercise screening and assessment to a variety of athletes in order to identify potential risk factors to musculoskeletal injury. It was my responsibility to formulate and execute rehabilitation programs reflecting patient impairments, based on sound assessment and effective clinical reasoning.

**January 2013 - February 2013 - Swim / Aqua Fit Teacher** at Brookfields Physiotherapy Clinic, Highclere, Berkshire, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

As part of student placement, I completed two weeks at Brookfields. This clinic specialised in neuromuscular disorders and stroke, in addition to the intake of musculoskeletal injuries. I took responsibility in tailoring group hydrotherapy sessions to a class of 4-6 stroke survivors twice a week. I also created enjoyable aqua aerobics classes for the elderly and designed a 4 week rehabilitation program for a young boy whom undergone surgery to alter his leg length discrepancy.

## **Education and Qualifications:**

### **2014**

#### **2014 St Mary's University**

BSc Honours Degree in Sports Rehabilitation - 2:1

Modules included: Anatomy, Physiology, Pathology, Client Assessment, Sport Psychology, Sports Massage, Soft Tissue Techniques, Biomechanics, Specialised Treatment Techniques, Rehabilitation Techniques, Special Populations, Neurophysiology, Factors Affecting Recovery and Performance, Clinical Placement, Research Project.

Powerplate Fitness

#### **2011 Andover College**

BTEC Extended Diploma: Sport (Development, Coaching and Fitness) D\*D\*D\* - Triple Distinction Star

AS: Human Biology - B, Psychology - B, Maths - B

Swedish Massage, Fitness Instructing/Personal Trainer

## **Product Training:**

### **December 2015 Elemis**

Steiner Transocean, London UK

Received prestigious Elemis and Steiner training at the academy in London. Included all Elemis body and selected Elemis facial treatments.

Elemis deep tissue massage, Elemis aroma stone therapy, Elemis exotic lime and ginger body scrub, Elemis aroma spa ocean wrap, Elemis face and body sensation, Elemis facials.

Triple chocolate indulgence - scrub, mask, wrap and massage, bamboo massage, Thai poultice massage, coconut poultice massage, cleopatra milk wrap, Indian head massage, reflexology.

## **Vocational Qualifications**

First Aid, IT, Pitchside Trauma Care,

## **Hobbies and Interests**

Hiking, Swimming, Ballet, Surfing, Skiing, Gym, Yoga, Obstical courses, Cycling

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