

Curriculum Vitae

Female

D.O.B. 14 June 1987

Number of years working in industry: 11 years 3 months

Candidate ID Number: 26159

Nationality: Slovenian

Language Skills:

Fluent: English, Slovenian

Basic: Italian

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Massage Therapist

Personal Statement

My goals are to be a successful massage therapist, and not only that, to be able to promote health and well-being in sense of helping people to achieve a better state of health, by giving lifestyle advice as well.

My another goal is to continue educating myself in the field of health, such as nutrition, stress management, mindfulness, bodywork and movement, spirituality. Spirituality in sense of how to achieve a better state of well-being and balance within.

At the moment stress is at its highest peak, trying to fulfill demands of other people putting on us. It is important to reach a state of peace within ourselves, so that we can fill ourselves with more energy rather than drain ourselves. An empty sack cannot stand on its own. And that can be done through various techniques, not only massage, but also changing our lifestyles.

Seeking to work in the UK

Employment History:

November 2014 - Present - Massage Therapist at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Health Club)

Duties included:

Effective communication with clients, by being assertive and firm, clear on what the treatment involves, making sure the clients are comfortable, reassuring. Making sure the room and environment is pleasant and relaxing (room temperature, lights, music, smell, presentation, clean).

My passion is to promote health and well-being to clients, making sure their experience of massage suits their needs and at the same being clear and firm on what we are able to offer for the price of the treatment.

Education and Qualifications:

2008 London College of Beauty Therapy

NVQ Level 2

Beauty Therapy - facials, waxing, pedicure, manicure, make-up

Product Training:

July 2015 some training on Elemis products

Elemis mini facials.

Vocational Qualifications

First Aid.

Mindfulness Meditation

IT skills - MS Office

evaluation of scientific papers

Dietetics

Anatomy and Physiology, Pathophysiology, Therapeutic Massage, using osteopathic techniques, hydrotherapy, aromatherapy, lymphatic drainage Developing Therapeutic Relationship, research of scientific papers

Hobbies and Interests

Hiking, dancing, singing and playing violin, interested in healing with music, swimming, reading, walking in the park, reading books on health and spirituality

CV created at www.spastaff.com

