

# Curriculum Vitae

**Female**

**D.O.B. 25 September 1992**

**Number of years working in industry:**

**10 years 5 months**



**Candidate ID Number:** 26877

**Nationality:** British

**Language Skills:**

Good: English

Basic: French

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

**Position Sought:** Spa Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Receptionist

## **Personal Statement**

My vision for healing began at an early age and was especially enriched in 2014 when I received my diploma in Aromatherapy, Reflexology, and Swedish Massage and during my six months travelling and spiritual exploration in India in 2011, where I trained in Tibetan Sound Healing. I have maintained a regular meditation practice for seven years. My current professional interests are in spa work, trauma healing and expressive writing. I have a passion for art and run a small jewellery business. I feel that my deeper calling is to be in service to those who are looking for greater well-being, relaxation and health.

## **Employment History:**

**September 2015 - Present - Holistic Therapist** at (most recent employer hidden for confidentiality) Bristol , UK - United Kingdom, (Home/Mobile)

**Duties included:**

Writing

**August 2019 - Present - Spa Consultant** at Freelance, Bristol, UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

Writing

## **Education and Qualifications:**

**2019 First Aid Provider Bristol**

Certification

First Aid At Work

**2019**

Certification

Art as therapeutic practice

## **2018 Protocol Education**

Certification

Autism Awareness Course: To help when treating clients with Autism

## **2017 Satyam Shivam Sundaram, Rishikesh, India.**

Certification

Tibetan Sound Healing

Using tibetan sound healing bowls for sound bathing, body contact healing alongside meditation practices and techniques.

## **2015 City of Bath College, Bath**

Level 3 Diploma - VTCT - Distinction Grade Awarded

Level 3 Complementary Therapies: Aromatherapy, Swedish Massage, Reflexology. Separate certificate in Bamboo Massage. Body Scrubs, Hot and Cold Compresses, Essential Oil Use, Inhalations, Use of Floatations Bed, Some Hot Stone Work.

## **2009 St. Brendan's Sixth Form College, Bristol**

A Levels

A2: Art and Design (C), Communication and Culture (B), Psychology (E)

AS: Art and Design (B), Communication and Culture (A), Psychology (C)

## **2009 St Bede's RC College, Bristol**

10 GCSE's: Psychology (A), Art and Design (A), Religious Formation (A,) Double Awarded Science (A) (B), Mathematics (C), French Language (B), English Literature (B), English Language (B)

City of Bath College, qualifying with a Level 3 Diploma in Complementary Therapy in 2015 in Massage, Aromatherapy, Reflexology, Anatomy and Physiology and Spa Business Studies. (DISTINCTION GRADE)

## **Vocational Qualifications**

IT literate

Maths and English skills certificate

## **Hobbies and Interests**

Reading

Travelling

Meditation

Swimming

Psychology

Yoga and detoxing

Walks and bike rides

Art, music and dance

Cooking healthy food

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