

Curriculum Vitae

Male

D.O.B. 15 April 1987

Number of years working in industry:

16 years 5 months



Candidate ID Number: 28396

Nationality: Colombian

Language Skills:

Fluent: English, Portuguese, Spanish

Basic: German, Italian

Permitted to work in: Colombia, Brazil, UK - United Kingdom

Position Sought: Spa Consultant, Regional Senior Manager, Spa Director, Spa Manager, Spa Co-ordinator, Head Therapist, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Fitness Professional, Yoga / Pilates Teacher

Personal Statement

I'm an award-winning Wellness Advisor, Spa Consultant, and holistic therapist with 10 years of international experience in luxury hospitality, project coordination and team supervision. MA Psychotherapist, Certified Nutrition, Yoga and mindfulness coach, trained by Buddhist monks from the Peace Revolution project in Thailand. Originally from Colombia, I have facilitated wellness workshops and retreats in Europe, Latin America, and South-East Asia. Completed my master's degree in London, specializing in the treatment of depression and anxiety. Developed educational programs for children and adults in the public and private sectors. Open to a position where I can make a massive contribution to the wellbeing of individuals and organizations while taking my career to the next level.

Currently based in Doha as a Wellness Consultant in the corporate world. Freelancing as a therapist for children with special needs at the Mind Institute and a Wellness Coach for Evolve Qatar, where I offer my services to high-end clients in 5-star venues (e.g. B/Attitude Spa, Four Seasons and Grand Hyatt Hotel.)

Seeking to lead, heal, work and grow on cruise ships and inspiring locations.

Employment History:

February 2017 - Present - Holistic Therapist at (most recent employer hidden for confidentiality) Doha, Qatar, (5 Star Hotel Spa)

Duties included:

Holistic Wellness Coach offering a wide range of services for private and corporate clients: life coaching, mindfulness meditation, dance therapy, yoga, reiki and massage. Training staff and consulting spas at five-star venues: Four Seasons, Grand Hyatt, Westin Hotel, among others.

<https://www.youtube.com/watch?v=arriPl29jNM>

<http://www.evolve mind body soul.com/>

May 2018 - Present - Holistic Therapist at Mind Institute, Doha, Qatar, (Hospital / Medical Clinic)

Duties included:

Dance and Music Therapist for this state-of-the-art hospital for children with special needs in Qatar. Worked with a multidisciplinary team in service of children with autism, aspergers, learning disabilities, ADHD among other conditions. Workshop facilitator for parents and families regarding holistic education.

August 2019 - Present - Spa Consultant at Life Plus Health Club, Doha, Qatar, (Health Club)

Duties included:

Develop holistic wellness programs for corporate partners: HSBC, Siemens, Embassies, Jaidah Group, Chevrolet, among others. Deliver stress-relief workshops, leadership seminars, private yoga classes and massage therapy. Liaise with other wellness providers and practitioners in Qatar and abroad.

Products worked with:

Ren skincare products and essential oils. Keith's cacao for chocolate workshops.

April 2012 - December 2016 - Head Therapist at Urban Massage, London, UK - United Kingdom, (Home/Mobile)

Duties included:

Freelance massage therapist for this top mobile company in London. Consistently rated as a 5-star practitioner, offering Thai Massage, Deep Tissue, Reflexology, Holistic and Sports massage.

Gained experience in working with this company's IT system and mobile app.

Developed personal initiative, punctuality and the ability to execute numerous tasks within a set timeframe. Effective communication with a broad range of multicultural clients.

Products worked with:

Ren Natural Skin Products

Naturally Thinking

Career Break - Training - industry-related

February 2015 - May 2016 - Yoga / Pilates Teacher at PRIV, London, UK - United Kingdom, (Home/Mobile)

Duties included:

Freelance yoga and meditation teacher for this top mobile company in London. Consistently rated as one of the best yoga instructors in London for both individual and group clients.

May 2009 - December 2011 - Spa Co-ordinator at Taksu Spa, Bali, Indonesia, (5 Star Hotel Spa)

Duties included:

-Worked as a Spa Coordinator and workshop developer for this prestigious spa in Bali.

-Implemented communication skills (English-Spanish-Portuguese) with a wide variety of customers.

Career Break - Traveling

Education and Qualifications:

2019 Precision Nutrition from Canada

Certified Nutrition Coach

2016 Master Coach UK

Certified by the European Association of Coaching

Certified Master Coach: Holistic Health and Life Coaching

2016 Goldsmiths, University of London

Official posgraduate course (Master of Arts)

Masters in Dance Movement Psychotherapy

2015 Peace Revolution Thailand

Trainer's certificate - Peace Architect

Meditation and Mindfulness Training

2014 International Yoga Alliance

International Certificate

Yoga Teacher's Training (Hatha - 200h) from the International Yoga Alliance

2013 Escola de Medicina Holistica da Bahia, Brazil

International Certificate

Reiki Master

2014 Old Medicine Hospital

Trained in traditional Thai-Yoga massage, Reiki and reflexology in the most ancient and authentic school in Chiang Mai.

2009 International Massage School

Trained in Deep Tissue, Holistic and Sports massage in this international school in Chiang Mai.

Product Training:

June 2019 Keiths Cacao

Trained as an online cacao practitioner with Keith's Cacao, a global platform committed to sharing the health and spiritual benefits of raw chocolate. Regular cacao ceremonies in Qatar.

Trained in the science behind cacao, and how to use it for different purposes: gut health, meditation, sports, work performance.

**August
2015**

Ren Skincare

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Vocational Qualifications

Masters in Dance Movement Psychotherapy (Goldsmiths, University of London)

Certified Nutrition, Yoga and Meditation Coach

Office skills, Photoshop and Adobe Premiere

Advanced Free Diving certificate (ISS and Apnea Total).

Contemporary and Afro-Brazilian Dance

Hobbies and Interests

I love dancing, meditating, free-diving and being a vegetarian! Truly appreciate festivals and street artists from all over the world...

CV created at www.spastaff.com

