

Curriculum Vitae

Male

D.O.B. 07 May 1992

Number of years working in industry: 13 years 4 months

Candidate ID Number: 28650

Nationality: British

Language Skills:

Fluent: English

Good: French

Permitted to work in: UK - United Kingdom

Position Sought: Head Therapist, Senior Therapist, Massage Therapist, Fitness Professional

Personal Statement

A diligent & trustworthy individual with excellent academic qualifications including a BSc Honors in Exercise, Nutrition & Health. Excellent communication, organizational and project skills as shown through my academic studies. My love for sport is evident from achievements and experience I have gathered throughout my life which ultimately transcended into health and fitness and after completing my degree, becoming a personal trainer. An SPS Level 4 Diploma in Sports Massage was then successfully completed. Helping relieve pain and improving performance for clients provides huge satisfaction and also inspiring others to lead healthier lives is incredibly rewarding for me.

Seeking work in national and international locations and cruise ships

Employment History:

January 2015 - Present - Massage Therapist at (most recent employer hidden for confidentiality) South Wales, UK - United Kingdom, (Home/Mobile)

Duties included:

Soft Tissue Therapist - I provide therapy to a range of clients, helping them to improve their performance and manage their injuries. I have treated a wide range of clients from office workers to international athletes.

- Sports Massage / Deep Tissue Massage / Swedish Massage / Therapeutic / Relaxing Massage
- Pre/Inter/Post Events Work
- Soft Tissue Release / Myofascial Release
- Trigger Point Therapy & Specific Stretching

Products worked with:

- songbird waxes
- almond oil
- sports massage gels/oils/lotions/cremes

October 2012 - March 2015 - Fitness Professional at Caerphilly leisure, wales, UK - United Kingdom, (Health Club)

Duties included:

- gym inductions
- personal training
- nutrition advice
- taking bookings
- cleaning sauna and steam room etc
- Completing health and safety procedures
- helping out other staff. e.g. lifeguards, receptionists, duty managers

Education and Qualifications:

2014 SPS Cardiff

Level 4. highest in the UK. Equivalent of 2nd year of a degree.

Sports Massage Therapy

2013 Coventry University

Degree. Bsc Hons

Exercise nutrition and health. (Bsc Hons)

2010 Cyfarthfa High School

June 2010 - 3 A Levels, Physical Education [B], Business Studies [E], Sociology [D]

June 2008 - 10 GCSE's, [A* - C] including A* in Physical Education, A in French, A in Religious Education, B in Mathematics, B in Science

Product Training:

June 2014 Massage oil and wax. Songbird waxes.

Cardiff Metropolitan University

Performed and practised with a full spectrum of massage mediums on many different clients.

Vocational Qualifications

- SPS Diploma Sports Massage (Level 4)
- Level 2 REPS Certificate In Fitness Instructing (GYM)
- Level 3 REPS Certificate In Personal Training
- Member Of The Sports Massage Association (MSMA)
- Level 3 Communication Key Skills
- Sports Leaders UK Level 2 Award In Community Sports Leadership
- WRU Community Rugby Tag Leaders Award
- First Aid Qualified
- Fully Insured Soft Tissue Therapist
- Full And Clean Driver's License
- Confident user of all Microsoft Programmes
- Planning and organizing time effectively to meet deadlines

Hobbies and Interests

- cycling
- triathlon
- running
- swimming
- yoga
- football
- reading/studying
- travelling
- sports