

Curriculum Vitae

Female

D.O.B. 30 March 1993

Number of years working in industry: 11 years 7 months

Candidate ID Number: 30145

Nationality: British

Language Skills:

Fluent: English

Basic: German

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist

Personal Statement

I consider myself a student at all times, whether this be gaining a new qualification, learning a new skill or understanding a new culture; I thrive on adding to my experiences throughout life.

I love to challenge myself and so a goal of mine is to work abroad, not only to mentally challenge myself in a new environment but to also learn a new way of life and meet new people.

Seeking to work in national and international locations.

Employment History:

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

Duties included:

Having qualified as a sports massage therapist, I began working as a self-employed, fully insured mobile massage therapist; treating clients with everything from general aches and pains to sporting injuries using various techniques such as trigger pointing, muscle energy techniques, frictions and corrective tissue.

Products worked with:

- Physique massage lotion
- Physique grapeseed oil

October 2012 - March 2014 - Fitness Professional at Revive Fitness & Spa, Potters Bar, Hertfordshire, UK - United Kingdom, (Health Club)

Duties included:

I started working at Parkwood Leisure in Potters Bar, Hertfordshire as a membership adviser. As the club was taken over in December 2012 I was moved onto the gym floor as a fitness instructor as I have a level 2 qualification and desired gym floor experience. During my time at Revive, I split my time between gym floor shifts taking gym inductions for new gym members and teaching group classes as well as general maintenance of the gym, the membership adviser role generating new leads and converting them into new members and towards the end of my time at Revive took on weekly shifts on the reception area, I was also in charge of stock control for the first aid kit and cleaning/chemicals for the pool/pool area.

Education and Qualifications:

2015 Premier Training International, Finsbury Park, London, United Kingdom

Diploma in Sports Massage level 3 Certificate in Sports Massage Therapy level 4

I am a qualified Sports Massage Therapist up to level 4.

2012 YMCA Fit, London, United Kingdom

CYQ Certificate in Fitness Instructing (gym based)

I am a qualified Fitness Instructor (gym based), recognised at level 2 on the Register of Exercise Professionals.

I also done additional courses in Keiser Cycle (spinning), Core Stability and Circuit training.

2011 Bishop Stopfords Secondary School

- GCSE English Literature - B
- GCSE English Language - B
- GCSE Maths - C
- GCSE Double Science - C/C
- GCSE Physical Education - A*
- GCSE German - C
- GCSE Religious Studies - C
- GCSE Information Technology - Distinction
- A Level English Literature - E
- A Level Physical Education - D
- A Level Sociology - E

Hobbies and Interests

I regularly train at the gym and have previously competed in a fitness competition.

I have also enjoyed reading and studying to do with the human body and how it functions.

I enjoy trying new activities and have previously trained and competed in martial arts for 10 years, athletics for a few years and also netball.

Most recently I have taken up salsa as a new hobby and I really like the social aspect which allows me to meet people from all walks of life.

I love to travel and always planning somewhere new to visit, whether this be abroad or within my home country of England.

CV created at www.spastaff.com

