

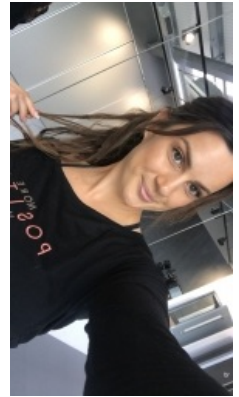
# Curriculum Vitae

Female

D.O.B. 05 November 1992

Number of years working in industry:

12 years 2 months



**Candidate ID Number:** 33018

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Yoga / Pilates Teacher

## Personal Statement

I am a hardworking, enthusiastic individual. I am punctual, honest and I adapt to new situations well. I lead with confidence and always give my absolute best when carrying out any task or challenge. I love to interact with and get on with different people of many different ages and cultures. I have a warm, friendly nature and I pride myself on helping and inspiring others. I take great pride in my own appearance, I feel it is important to look good, looking good contributes to feeling good.

## Employment History:

**April 2017 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) Hertfordshire, UK - United Kingdom, (Home/Mobile)

### Duties included:

I work for myself as a Pilates Instructor

I hold perminant weekly classes at different gyms within Watford, Hemel Hempstead and Croxley Green in Hertfordshire.

I am a cover instructor for other local gyms.

I teach Pilates for the elderly at a community centre once per week.

I run a breakfast Pilates class at a primary school once per week.

i create specialist pilates programmes for my private clients.

### Products worked with:

HFE - Health and Fitness Education (qualification)

**September 2014 - August 2018 - Head Therapist** at The Grove Hotel , Watford, Hertfordshire , UK - United Kingdom, (5 Star Hotel Spa)

### Duties included:

I started here as an essentials therapist, worked my way up to advanced therapist, to senior therapist then to Head Therapist.

- Managing the day to day running's of the spa

- In full control of professional stock, reductions and orders
- Carrying out a stock count at the end of each period
- Opening and closing of the spa
- Ensuring the teams shifts suit the business demands
- Amending the rota
- Timesheets
- I manage all training and book this in accordingly
- Completing holiday and sickness trackers
- Putting in place incentives for our team
- Holding meetings with our suppliers discussing what products and treatments to bring in
- Dealing with complaints: Ensuring these are dealt with effectively and efficiently
- Ensuring the team have the correct equipment they need for their days, getting out any equipment/products that they do not have access to
- Ensuring all members of the team stick to our cleaning procedures, and document any cleaning done on our cleaning trackers rooms are checked on a daily basis that they are set to standard
- Product knowledge training
- Retail training
- Organise and carry out trade tests to ensure treatments are to above and beyond
- Provide outstanding 5\* treatments to our guests when the business demands me to
- Meet/exceed retail targets

**Products worked with:**

Espa

Natura Bisse

Jessica

Elemis

**October 2012 - July 2013 - Massage Therapist** at Steiner Leisure Limited , Royal Caribbean Cruise Line, (Cruise Ship)

**Duties included:**

Performing 5\* treatments

Occasional reception duties

Deep cleaning of rooms and spa

Inventory of spa products

**Products worked with:**

Elemis

Bliss

**Education and Qualifications:**

**2017 HFE- Health and Fitness Education**

Pilates Instructor Training

Pilates Instrctor- Mat Pilates

**2012 Sussex Coast College Hastings Some in house train for the cruise ship and for The Grove**

NVQ Level 3

Beauty Therapy Level 3

Indian Head Massage

Aromatherapy

Ear Peircing

Hot Stone

Bamboo

Thai poultice

Balanise

Deep Tissue

Maternity

Jessica Nails

Cancer Wellness training

## **2018 HFE**

Certified Pilates Instructor

Anatomy and Physiology Level 3

Principles of Fitness Level 3

## **Product Training:**

### **July 2017 Pilates Instructor**

HFE- Health and Fitness Education

London

### **April 2016**

Sussex Coast College Hastings, East Sussex, England.

Massage, facials, scrubs, wraps, nails

## **Hobbies and Interests**

I enjoy exercising, i lift weights, i like to box and love Pilates. I love music and sunshine, they are soul soothers. I also like spending time with friends and going out for dinner to different restaurants.

CV created at [www.spastaff.com](http://www.spastaff.com)

