

Curriculum Vitae

Female

D.O.B. 31 August 1990

Number of years working in industry: 11 years 3 months

Candidate ID Number: 33027

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Fitness Professional

Personal Statement

I am a highly motivated individual with a great work ethic, always striving to achieve the best possible results. I like to learn new skills, to keep my mind focused and like to learn about different cultures and ways of life that are different to my own, to broaden my knowledge of life. I love to be active and social whilst travelling and meeting people from all walks of life, exchanging experiences along the way. I strive to live a natural life, I enjoy making my own cosmetic and home products from natural ingredients and being creative when making products.

Seeking work in international locations

Employment History:

April 2015 - Present - Complementary Practitioner at (most recent employer hidden for confidentiality) Bolton , UK - United Kingdom, (Home/Mobile)

Duties included:

- massage therapy
- reflexology
- holistic therapy
- product making
- nutrition
- budgeting
- stock take

March 2014 - August 2014 - Fitness Professional at David Lloyd, Bolton , UK - United Kingdom, (Health Club)

Duties included:

- gym instructing
- personal training
- childrens group exercise
- alexander technique
- body balance
- circuits
- body pump
- legs, bums n tums
- gym based boxing

Education and Qualifications:

2016 Central College of Health & Beauty Leeds

Diploma Level 3

- Complimentary Therapies Level 2 & 3
- Indian Head Massage
- Thai Hand & Foot
- Reflexology
- Aromatherapy
- Hot Stones Massage
- Deep Tissue Massage
- Hopi Ear Candling
- Product Making

2014 The Training Room Leeds

Diploma Level 3

- Gym Instructing Level 2
- Personal Training Level 3
- Spin Instructing
- Gym Based Boxing
- Circuit Training

2010 Salford City College

- BTEC National Dance Triple Distinction
- A-Level Dance B

2006 Northern School of Contemporary Dance

BPA (Hons) Degree Contemporary Dance

2:1

Vocational Qualifications

- Drama and Theatre Skills
- Customer Service Skills
- First Aid
- Data Input IT

Hobbies and Interests

I like to take part in a wide range of fitness activities such as Thai Chi, Yoga, Contemporary Dance, with this I find pleasure in watching theatre and live art performances. I like to hike in the wilderness and be out in nature and also enjoy cycling. I am highly interested in spirituality and Ayurvedic principles and applying it to my life. I am a great lover of animals of all kinds and would like to one day take part in safari leader training.

CV created at www.spastaff.com

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