

# Curriculum Vitae

**Female**

**Number of years working in industry:**

**16 years 1 month**



**Candidate ID Number:** 34202

**Nationality:** British

**Language Skills:**

Fluent: English

Good: French

Basic: Spanish

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

**Position Sought:** Spa Consultant, Assistant Manager, Treatment Manager / Spa Trainer, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Fitness Professional, Dancer, Dance/ Fitness Instructor, Holistic Healer

## Personal Statement

Personable. Friendly. Good with people. Patient. Able to work with young children to elderly folk. Vibrant. Outgoing. Sociable. Adventurous.

Life Goals to stay Healthy, Wealthy & Wise. Be kind to myself and others. Travel and enjoy other cultures. Help people become the best person they can be through movement, dance, healing & fitness.

Seeking work in international locations.

## Employment History:

**January 2010 - Present - Dancer/ Fitness Instructor/ Choreographer/ Holistic Practitioner** at (most recent employer hidden for confidentiality) Ryde, UK - United Kingdom, (Home/Mobile)

### Duties included:

Mainly working for myself.

I run my own business working for myself so, do EVERYTHING from providing the content for what for the classes etc. and for the website. I do admin, Marketing & Promotion and Networking..

I teach dance & fitness classes, dance parties, dance retreats/ holidays.

Dance Groove - dance fitness class

Dance Yoga - wellbeing dance class

FLASHMOB - Learn-a-routine and perform

Brazilian Samba & Bollywood style classes

I run dance groups in Brazilian Samba & Bollywood

I run Children's Carnival Workshops in the Summer & Bollywood Workshops to celebrate Diwali.

I am a Freelance Choreographer in Jazz, Brazilian Samba, Salsa, Bollywood, Charleston, 1940's/ 50's style dancing. I have worked on my production and for my own troupes and for Theatre groups.

I am a fully qualified Aerobics & Zumba Instructor and Personal Trainer.

I also offer one-to-one Hands on Healing work and Clairvoyant Readings

## Education and Qualifications:

### 2012 More Fitness

OCR Personal Training Certification Level 3 Vertical Dance October 2012 Pole Dance Teacher Training  
Beginners Level 2 OCR Exercise to Music Certification Level 2

Zumba Level 1 July 2013

More Fitness -- November 2012

- OCR Personal Training Certification Level 3

Vertical Dance October 2012

- Pole Dance Teacher Training Beginners Level 2

More Fitness December 2011

- OCR Exercise to Music Certification Level 2

The Nia Technique -

- Licensed White Belt Nia Instructor Certification

University of Derby - 1990 - 1994

- BA (Hons) Marketing, Business, French
- HND Business and Finance

Crawley College of Technology - 1988 - 1990

- BTEC National Diploma in Business Studies

## Vocational Qualifications

First Aid

## Hobbies and Interests

Hiking, Running, Cycling, Yoga, Reading, Swimming, Dance, Cinema, Museums, Theatre, Arts, Gardening, Travelling, Historical buildings..

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

