

# Curriculum Vitae

**Female**

**D.O.B. 15 January 1971**

**Number of years working in industry: 27 years 8 months**

**Candidate ID Number:** 43955

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish, French

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

**Position Sought:** Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist

## **Personal Statement**

Highly professional and passionate about my practice, I am able to draw upon a wide range of healing modalities to ensure clients reach their optimum level of health and wellbeing. I have a calm and nurturing nature that quickly puts clients at ease, with the strength and dexterity to deliver an exceptional therapeutic service.

My aim is and has always been, to bring out the best in others, and to achieve my personal best in each and every task, be it big or small.

Seeking work in national and international locations

## **Employment History:**

**September 2013 - Present - Complementary Therapist** at (most recent employer hidden for confidentiality)  
London, UK - United Kingdom, (Home/Mobile)

### **Duties included:**

Working as an independent Shiatsu and Thai Massage therapist, dividing my time between private and regular corporate clients including:

Linklaters, London

Providing Shiatsu Chair massage at regular wellness days and office bookings.

Mobile Massage

Chair based massage at corporate events and hotels

Sense Massage

Thai, Shiatsu and Chair massage at offices and organisations

**June 2008 - September 2013 - Complementary Therapist** at Self Employed, Cornwall, UK - United Kingdom, (Home/Mobile)

### **Duties included:**

During this time I relocated to Cornwall, where I practised Shiatsu for private clients, as well as pursuing my artistic endeavours, exhibiting and selling my work in mixed media and woodcrafts. I also trained as a Boat Builder.

**June 1998 - August 2008 - Complementary Therapist** at The Sussex Beacon, Brighton, UK - United Kingdom, (Hospital / Medical Clinic)

### **Duties included:**

Performing Shiatsu treatments at a Hospice and Day Care Centre for people with HIV/AIDS, 2 days a week.

Shiatsu treatments at The Ardern Foot and Health Clinic, Brighton, 2 days a week. A high street clinic providing Chiropody and a mixture of Complementary Therapies.

Also volunteering with registered charity Active Lightworks, performing Shiatsu treatments at Brighton General Hospital and fundraising events, also promoting the charity.

In addition to my therapeutic work I am a self-taught artist, and have been exhibiting and selling my work since 1995

### **Education and Qualifications:**

#### **2017 Gateway Workshops, London**

Diploma

Thai Full Body Massage, Levels 1 and 2.

Fully comprehensive training in techniques of Traditional Thai Massage, including palm and thumb pressure, manipulations, stretches and tailoring treatments.

Accredited by the Guild of Holistic Therapists, BABTAC, ABT and Towergate

#### **1999 The Shiatsu College, Brighton, UK**

Diploma

1996-1999 Shiatsu Diploma @ The Shiatsu College Brighton.

This course included in-depth training in Shiatsu, supported by its underlying foundations in Traditional Chinese Medicine, as well as the study of anatomy, physiology and pathology of the body and mind, from both Eastern and Western perspectives. Training also included intense Chi Gong practice, and Moxibustion. Unique in the UK in being nationally accredited with Laser Learning Awards, as well as being fully ratified by The Shiatsu Society, UK.

#### **1989 Cardiff High School**

A levels: Biology, English, Latin

O levels: Art, Biology, Chemistry, English Language, English Literature, Geography, Latin, Mathematics, Physics, Scripture

### **Vocational Qualifications**

- Computer Animation,
- Graphic Design,
- ECDL Proficiency in Word, Excel and Powerpoint,
- Permaculture Design,
- Fund Raising,
- Developing a Fund Raising Strategy

### **Hobbies and Interests**

I have a keen interest in gardening and growing plants, both for eating and pigments for making my own paint.

- Active within any community I have lived in, I have participated in fund raising and awareness projects in the fields of health, peace and the environment for many years. This has greatly developed my communication marketing expertise.
- Passionate about health and well-being, I have for many years seasonally been part of a team of a travelling Raw Food Cafe and Sauna, Simply Rawgeous. This has drawn upon and added to my knowledge of nutrition.
- I love to dance, and mix this with my Chi Gong training to develop new and dynamic techniques for movement meditation.

