

# Curriculum Vitae

**Female**

**D.O.B. 22 January 1992**

**Number of years working in industry:**

**3 years 10 months**



**Candidate ID Number:** 48408

**Nationality:** Polish

**Language Skills:**

Fluent: English, Polish

Basic: German

**Permitted to work in:** European Union, UK - United Kingdom

**Position Sought:** Head Therapist, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Therapist

## Personal Statement

I am an experienced Massage Therapist with passion, oriented to promote healthy lifestyle and well-being. Constantly developing new skills and expanding knowledge in massage, physiotherapy and fitness sectors.

Highly skilled in therapeutic massage, Thai massage and sports massage. I was always associated with sport, working with athletes on daily basics in stages of rehab, recovery and preparing to competitions.

My goals are to practice and develop skills of therapeutic Thai Massage and gain new skills in myofascial release.

## Employment History:

**March 2018 - January 2019 - Massage Therapist** at (most recent employer hidden for confidentiality) Birkirkara, Malta, (Hospital / Medical Clinic)

### Duties included:

- Working in a team of very experienced physiotherapists, professional health care providers and close cooperation with Swieqi Football Club.
- My responsibilities including, planning long-term and short-term therapies, adjusted to health conditions, indications and stages of rehab.
- Providing wide range of treatments mostly focused on therapeutic massage, manual lymphatic drainage and sports massage.
- Combining different massage techniques, acupressure and stretches, using clients feedback as guideline for further procedures.
- Participating in physiotherapy treatments, operating medical equipment, supervising and helping patients during exercises.
- Member of the International Institute for Complementary Therapists.

**January 2017 - February 2018 - Head Therapist** at Marta Dabek Massage Therapy, Worcester, UK - United Kingdom, (High Street Salon)

### Duties included:

- Running a business in behalf of my idea about massage therapy.
- Performing massage suitable to individual needs, adapted to the general health and mobility. Therapies applied: Thai Massage, Deep Tissue Massage, Lymphatic Drainage, Swedish Massage and Sports massage.
- Member of FHT - „leading professional association for therapists in the UK and Ireland”.

## **Career Break - Training - industry-related**

**May 2015 - March 2016 - Massage Therapist** at The Body and Hands Beauty Salon, Tychy, Poland, (High Street Salon)

### **Duties included:**

- Consultation with clients in order to determine massage needs, special requests and expectations.
- Working on improving health, wellnes and aesthetic values.
- Performing Chinese cupping massage and hot stone massage.
- Performing combined treatments including massage, scrubs and wraps.
- Managing and keeping files up to date.

## **Career Break - Traveling**

**July 2013 - July 2014 - Massage Therapist** at Therapeutic Massage and Manual Therapy centre, Tychy, Poland, (Hospital / Medical Clinic)

### **Duties included:**

- Providing treatments for conditions such as muscular dystrophy, chronic back pain, sciatic nerve inflammation adequately to the stage of rehab.
- Treating sports related injuries.
- Providing therapeutic massage.
- Learning how to plan exercises, stretching and daily routine for patients after injury or with special needs.

## **Education and Qualifications:**

### **2019 Myofascial Release UK, Bristol.**

Certificate

Myofascial release massage course level 1 and 2 .

### **2017 Thai Massage School of Chiang Mai**

- Comprehensive Thai Massage Course :

Level 1-2-3- 90 hours (theoretical and practical)

### **2013 T.E.B Edukacja Euro College**

- Professional qualification course:  
grade of qualification: Massage Technician  
level of certification: ISCED 4

## **Vocational Qualifications**

- Chinese cupping massage course.
- Hot stones massage course with elements of aromatherapy.
- Driving license

## **Hobbies and Interests**

traveling, yoga, cycling, handball, Thai Massage, biology and anatomy.

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

