

Curriculum Vitae

Female

D.O.B. 02 March 1971

Number of years working in industry:

11 years 8 months



Candidate ID Number: 49593

Nationality: Swedish

Language Skills:

Fluent: English, Bosnian, Croatian, Serbian, Swedish

Good: French

Basic: German, Spanish

Permitted to work in: European Union

Position Sought: Regional Senior Manager, Spa Director, Spa Manager, Salon Manager, Spa Co-ordinator, Assistant Manager, Treatment Manager / Spa Trainer, Senior Therapist

Personal Statement

A strong independant leader , aswell a great teamworker. My mindset: if every person in a Team fullfills their responsibility- a great team will follow as a result-

I do what I say, I say what I do.

I bring with me many years of experience , yet , still curious with an appetite to development

Personal traits: Attentive, Empathic, Strong Willpower, Joyfull, Friendly, Firm, Stable, Supportive, Goal Focused

Joy is more important to me than hapipiness, I am happy by doing things that brings me joy!

Employment History:

August 2022 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Gothenburg, Sweden, (Health Club)

Duties included:

I lead Yin Yoga classes, 6 times/week. About 150 yogis attend these classes every week. I also served as the corporate wellness instructor for Sisjö Bil, where I design and deliver functional training sessions tailored to the needs of their automotive industry staff

Products worked with:

no product sales

January 2019 - May 2021 - Massage Therapist at Hagabadet Spa , Gothenburg, Sweden, (Day Spa)

Duties included:

Body & Spa Therapies:

Body Wraps & Scrubs: Detoxifying mud wraps, mineral-rich body scrubs, and nourishing treatments.

Hot Stone Therapy: Use of heated stones to relieve muscle tension and promote relaxation.

Aromatherapy Sessions: Incorporating essential oils to enhance physical and emotional well-being.

Beauty & Aesthetic Services

Make-Up Consultation: Professional advice and application techniques for various occasions.

Waxing Services: Comprehensive hair removal solutions for different body areas.

Massage & Therapeutic Treatments

Swedish Classical Deep Tissue Massage:

Focused therapy targeting deeper muscle layers to alleviate chronic tension.

Rehabilitation Protocols: Development of massage and exercise plans to support recovery from injuries.

Business & Client Management

Budgeting & Sales Performance:

Client Care & Retention: Strategies to enhance customer satisfaction and loyalty.

Products worked with:

Kerstin Florian

January 2015 - September 2016 - Beauty Therapist at FARRIS Spa Norway, Larvik, Sweden, (Day Spa)

Duties included:

Body Treatments

Performed a variety of body treatments including body scrubs, exfoliation, body masks, and cellulite reduction therapies.

Massage Therapy

Delivered classical and medical massage therapy treatments tailored to individual client needs, focusing on relaxation, rehabilitation, and pain relief.

Facial Treatments

Administered comprehensive facial treatments using advanced techniques and skincare products to improve skin health and appearance.

Nail Care

Provided professional manicure and pedicure services, ensuring high standards of hygiene, precision, and client satisfaction.

Products worked with:

ELEMIS

GATINEU

ELIXIR

BABOR

April 2013 - December 2014 - Spa Consultant at Lillla Kurorten, Gothenburg, Sweden, (Day Spa)

Duties included:

This was an extra job next to another job position , about 1 weekend/month

Body Treatments

Performed a variety of body treatments including body scrubs, exfoliation, body masks, and cellulite reduction therapies.

Massage Therapy

Delivered classical and medical massage therapy treatments tailored to individual client needs, focusing on relaxation, rehabilitation, and pain relief.

Facial Treatments

Administered comprehensive facial treatments using advanced techniques and skincare products to improve skin health and appearance.

Nail Care

Provided professional manicure and pedicure services, ensuring high standards of hygiene, precision, and client satisfaction.

Products worked with:

Exuviance.

Nimue

Maria ✦...kerberg

August 1993 - August 1994 - studies at Elisabethskolan Skintherapy, Gotheburg, Sweden, (College)

Duties included:

Completed studies with CIDESCO certification as a Skin and Beauty Therapist, demonstrating international standards in skincare, facial treatments, and overall beauty therapy.

Products worked with:

GM Collin

Gatineau

July 1992 - July 1993 - massagetherapy Classical Swedish at kroppsterapiskolan, linkoping, Sweden, (College)

Duties included:

Completed studies and obtained certification as a Massage Therapist, specializing in Swedish Classical Massage.

Products worked with:

studies

January 1992 - May 1993 - Area Sales Representative at Garvaren relax, Ljungby, Sweden, (Product Company)

Duties included:

Started as a Spa Coordinator, responsible for front-desk operations and client service. After completing studies in Massage Therapy (Swedish Classical and Deep Tissue), I began performing massage treatments alongside my coordination duties.

Products worked with:

no products just treatments

Education and Qualifications:

2022

2022 Bodysphere

Certified Yin Yoga Teacher by Yoga Alliance Standard

- Yin Yoga

- Meditation

2021 Presence Process by Michael Brown

a 10 week course

- Breathwork
- Presence Process Training
- Emotional Training= to accept an emotion, be with it, allowing it to be without forcing it.
- Acceptance

2019 Scandinavian University of Leadership, By Ph d Lars-Eric Uneståhl

Cert Mental trainer Practitioner /coach

- SPORT science/ positive psychology
- Leadership & Self Leadrship
- coaching
- Communication
- Goalsetting,attitude,Motivation & Drive
- Stressmanagement
- Personal Development
- teamwork/ Team Coaching

2014 Biocognitive Science Institute

A workshop with Dr Mario Martinez, Ph d

- Body Mind Code
- How the culture we are surrounded by affects our genes

1994 Elisabeth school, skintherapistr

- Skin & Beauty Therapist
- Pedicure/manicure
- Make-up
- CIDESCO

1992 Kroppsterapi school , Linköping cert Massagetherapist

- Certification Swedish Classical Massagetheraphy- Deep Tissue

Product Training:

June 1991 DIOR, Lancome, Helena Rubinstein, Biotherm, Clarins, Kerstin Florian, NIMUE, Exuviance, GM Collin, Gatineau, Elemis

Vocational Qualifications

Sales & Brandmanagement

Negotiation

Budget/ Sales performance

Educator

Speaker

Coaching- Leadership

IT, word, excel,powerpoint, different budget systems and order systems like SAP, PRISME

Hobbies and Interests

- Hiking
- Nature
- Travel
- Culture
- Art- I am a hobby artist
- Sport Yoga,Biking, Table Tennis, Capoeira

- Cooking
- Home Decoration
- Friends, Family
- Science

CV created at www.spastaff.com

