

Curriculum Vitae

Male

D.O.B. 19 February 1987

Number of years working in industry:

6 years 7 months



Candidate ID Number: 50527

Nationality: Romanian

Language Skills:

Fluent: English, Romanian

Basic: Italian

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

Position Sought: Regional Senior Manager, Spa Director, Spa Manager, Spa Co-ordinator, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Holistic Therapist, Fitness Professional, Yoga / Pilates Teacher, Sports massage therapist

Personal Statement

I am a highly skilled and versatile practitioner with expertise in sports massage therapy, yoga/exercise, and collaborative work within multidisciplinary healthcare teams. I am in my second year of ongoing osteopathic training at the prestigious British School of Osteopathic Medicine.

My extensive proficiency in various massage techniques, including sports massage, deep tissue massage, myofascial release, trigger point therapy, and dry needling, empowers me to conduct meticulous assessments and tailor personalised treatment plans to address the unique needs of each individual. With my valuable experience in managing complex cases and working collaboratively with diverse teams, I consistently achieve optimal outcomes for my patients.

My exceptional communication skills and background in injury prevention, rehabilitation techniques, and emergency protocols equip me to provide comprehensive care that considers both the physical and emotional well-being of my patients. As a natural leader, I am adept at supervising and training junior therapists, providing constructive feedback, and fostering a positive work environment.

I am confident in the value of my expertise and experience and am eager to contribute to any healthcare team significantly.

Employment History:

August 2021 - Present - Senior Therapist at (most recent employer hidden for confidentiality) London , UK - United Kingdom, (Health Club)

Duties included:

Assisted clients with stretching and strengthening exercises. Performed massage therapy on clients. Instructed clients on how to properly care for injuries. Provided assessments to patient needs and created treatment plans accordingly. Demonstrated various therapeutic exercises and techniques to patients.

April 2018 - December 2018 - Massage Therapist at Constantinou Bros Hotels, Paphos , Cyprus, (5 Star Hotel Spa)

Duties included:

- Perform spa treatments to a high standard: massages, peelings and body wraps.
- Responsibility to ensure that we deliver special, individual and unique service to all guests in the Spa
- Responsibility to ensure highest level of comfort and service and create a genuine, warm and welcoming environment for our guests

- Possessing a high level of social skills and the ability to take responsibility for the customer service in the spa
- Actively support the spa, treatments, services and retail, in addition to programs, promotions and/or discounts obtainable
- Ensures the treatment rooms are kept clean and tidy at all times.
- Ensures a peaceful and calm ambience within the treatment rooms through the correct room temperature, tranquil music as per guests.
- Perform all reception duties .

September 2017 - April 2018 - Massage Therapist at Be Aligned Massage and Yoga Therapy, Barnsley, UK - United Kingdom, (Health Club)

Duties included:

My key duties and responsibilities include the following:

- Provide consistent body treatments and professional massages depending on the clients needs.
- Listen to and take care of clients' concerns and queries politely and effectively.
- Filing in client record card and getting written consent for the upcoming treatments.
- Perform subjective and objective assessment, with range of movements.
- Talk with clients about symptoms, medical history, contraindications and desired results.
- Evaluate clients to locate painful or tense areas of the body.
- Provide clients with guidance on stretching, strengthening, overall relaxation, and how to improve their posture.
- Document client's condition and progress, preparing treatments plans.
- Maintain sterilization, hygiene, and cleanliness standards.
- Provide wellness and guidance advice to clients.

June 2016 - March 2017 - Yoga / Pilates Teacher at Sambodhi Studio Yoga Mediation, Bucharest, Romania, (Health Club)

Duties included:

Traditional hata & kriya yoga classes, pranayama breathing & meditation techniques, guided relaxation sessions for intermediate & advanced practitioners. Cultivated positive relationships with class participants by teaching a variety of challenging and entertaining group yoga classes.

May 2016 - July 2016 - Yoga / Pilates Teacher at Pricewaterhouse Coopers Romania , Bucharest, Romania, (Health Club)

Duties included:

Cumstomized yoga programmes including hatha yoga, pranayama, meditation & relaxation practice. Educate clients on effective ways to practice yoga while they live a life full of assignments, both on professional and personal level.

Education and Qualifications:

2018 Barnsley College. United Kingdom.

Active IQ Level 4 Sports Massage Therapy

Sports Massage Therapy Level 4:

- Provide Sports Massage Techniques to Prevent and Manage Injury.
- Treatment modalities to Support Soft Tissue Repair.

Conducting subjective and objective assessments.

Devising sports massage treatment plans to help correct identified areas of soft tissue dysfunction and /or support the soft tissue repair process of previously diagnosed injuries.

Application of a range of soft tissue mobilisation and neuromuscular techniques.

Evaluation of sports massage treatments

2018 Gentle Touch Therapy Training College - Barnsley

Swedish Massage Diploma

Swedish Massage Therapy

2017 Barnsley College. United Kingdom.

-Active IQ Level 3 Sports Massage Therapy

Sports Massage Therapy Level 3

-Anatomy and physiology for Sports Massage.

-Principles of fitness and health.

-Assisting soft tissue repair.

-Providing post-treatment care.

-Understanding the principles of soft tissue dysfunction.

Professional practice in sports massage. Assessing clients and treatment planning. Applying sports massage techniques.

2016 The Yoga Institute. Mumbai ,India .

90 Days Comprehensive Yoga Teachers Training Course 900 hours Certificate.

The history and philosophy of yoga, mysticism and holistic approach of yoga to life.

Practice asanas, pranayams,kriyas, mudras, bhavas and meditation.

Teaching Methodology. Public speaking and participation in Health Camps.

Educational workshops and short courses on Yoga on a regular basis.

The training was undertaken for 900 hours in 90 days.

2018 Gentle Touch Therapy Training College - Barnsley

Swedish massage Diploma

Vocational Qualifications

- QA Level 3 Emergency First Aid At Work
- Full Member of the Sports Massage Association
- Member of Complementary and Natural Healthcare Council (CNHC)
- Insured for delivering massage treatments.
- It skill

Hobbies and Interests

- I love to spend time in nature , go running and hiking.
- My morning usually start with a yoga session and meditation.
- My favourite books are related to spirituality, science and personal development.

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