

# **Curriculum Vitae**

## **Female**

**Number of years working in industry: 24 years 8 months**

**Candidate ID Number:** 52118

**Nationality:** British

**Language Skills:**

Good: English

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

**Position Sought:** Holistic Therapist, Complementary Practitioner, Complementary Therapist, Yoga / Pilates Teacher

## **Personal Statement**

Seeking work in national locations

## **Employment History:**

**June 2016 - Present - Integrative Health & Yoga Therapist** at (most recent employer hidden for confidentiality)  
Attleborough, UK - United Kingdom, (Home/Mobile)

### **Duties included:**

- yoga therapist, with many conditions, mental and physical.
- yogic counsellor, which is a psychotherapist, but with a yogic philosophy, using mindset coaching, meditation, LOA work, chakra and energy work, and mindfulness activities.
- Electro-Acupuncture, acupuncture, but without the needles, with the same results as traditional acupuncture.
- administer a non-invasive intolerance testing service, using hair analysis. The biggest in Europe.
- I previously worked as a health coach and supplement advisor, for conditions from acne to cancer, and built a health coaching system for a previous global supplement manufacturer.

### **Products worked with:**

natural oils and aromatherapy oils, facial products, and aromas

**June 2014 - June 2016 - Spa Consultant** at Freelance, UK, (Home/Mobile)

### **Duties included:**

Working with an International supplement distributor and manufacturer, advising on all legal aspects of production and labelling; advising on health direct to the public and internally to sales and marketing staff. Building a Virtual Health Coaching System from scratch for the company, and managing said system with international employees and international health coaching clients.

**June 2013 - June 2014 - Spa Consultant** at Freelance, UK, (Home/Mobile)

### **Duties included:**

Set up a venture advising both businesses and public on private natural healthcare business in the UK and abroad.

**June 2004 - June 2013 - health coaching** at Freelance, UK, (Home/Mobile)

## **Duties included:**

Worked within a major New Zealand natural health manufacturer for Research & Product Development. Sole consumer contact, B2B and B2C for all medical and health advice, health coaching and product advice. Writer for ingredient labeling and legal advisor for the company. Website content editor, and writer/internal advisor on all medical and health aspects of ingredients, products, and health programs, working directly alongside company Chairman in New Zealand via remote links to my Norfolk home base

## **June 2001 - June 2004 - Health Psychologist / Health Coach at Freelance, UK, (Home/Mobile)**

### **Duties included:**

- Greenways Natural Health Clinic, Sheffield - Health Psychologist / Health Coach.
- The Consulting Health Group (2002) - Referring patients for health assessments and providing follow on advice. Consulting and advising via Internet based health coaching services, B2B and B2C, researching, writing articles and site content, managing content and editing operations.
- Working with various international and regional online and offline natural health companies regarding their product formulation, ingredient research, direct customer health advice, and nutritional supplementation advice, as well as website update, content, and testing.
- Consulting with online and offline conventional and complementary health companies regarding health & psychology techniques, overseeing content for correct information and legal tenure for ingredients and labelling, as well as editing their content for grammar, spelling, corrections, and up to date research for consumer interest.
- Staff training consultant for Internet-based and offline health companies.

## **Education and Qualifications:**

### **2017 University of Westminster and London placements.**

#### Certificate

- 1987 - 1990 Berkshire College of Agriculture / Cambridge University Animal Hospital Veterinary Nursing Diplomas
- 1993 - 2003 Open University BSc degree Natural Health Sciences/Health Psychology

Rusland College, Bath BSc Psychology Associate Diploma Nutritional Psychology

Various Distance and Placement Diplomas Obtained as Further Education: Homoeopathy - theory level Chinese Herbal Medicine - theory level Herbalism - practice level ICOM Acupuncture - practice level Rejuvance Facial Acupressure - practice level

- 2004+ Open University (p/t)

Split Masters in Natural Health Sciences/Psychology & Biochemical Medicine Research in Disease Management, and Biochemical Nutrition / Nutritional Supplementation

Paid research placement: Legal supplementation practice - ingredients and labelling - UK & Europe (with international experience); and Conventional pharmaceutical medicines database theory and practice applications, and their relationship to natural medical alternatives and treatment plans.

- 2005+ (p/t) CNM Naturopathic Medicine Diploma, with association with the University of Westminster and London placements.
- 2011 - 2017 Further Natural Health Education Diplomas and Certificates: Yoga Teacher - Kids, Adults, Seniors, specific conditions (Yoga Therapy), Meditation, Mindset coaching Personal Trainer Certification First Aid Certification Electro-Acupuncture Certification

### **1987 Sir John Leman**

9 O levels from English to Biology and Typing!

## **Hobbies and Interests**

Natural Health Prevention and Cure, Yoga, My Children, Animals, Nature, Astronomy, Philosophy, The Law Of Attraction, The Brain/Mind, The Universe!

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