

Curriculum Vitae

Female

D.O.B. 30 July 1980



Number of years working in industry:

9 years 9 months

Candidate ID Number: 72444

Nationality: Hungarian

Language Skills:

Fluent: English, Hungarian, Italian

Basic: Spanish

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

Position Sought: Spa Consultant, Massage Therapist, Holistic Therapist, Complementary Therapist, Fitness Professional, Nutritionist

Personal Statement

My best qualities as a Complementary Massage Therapist are:

- I am trying to achieve "whole client wellness". I have an innate understanding of each client's specific needs and desires. I refrain from judging others and strive to see things through my clients' eyes.
- I focus on my clients and acknowledge their concerns and needs.
- I speak with clarity and using language the client can understand.
- I am prepared to handle the difficult and/or unpleasant situations that may arise.
- I am an optimistic and cheerful demeanour.
- I always make sure that I return phone calls, emails, and texts, schedule appointments as promptly as possible to producing a high level of client satisfaction.
- I effectively balance a busy work schedule with family activities and personal interests.
- Ongoing training and professional development is very important to me. Workshops, continuing education, and professional development courses help keep my skills sharp and offer the latest in cutting edge techniques.
- Membership in professional organisations help me to stay abreast of the latest industry developments. Receiving valuable continuing education and access to lectures by leading massage experts.

Seeking work in international locations

Employment History:

September 2019 - Present - Personal Assistant at (most recent employer hidden for confidentiality) Manchester, UK - United Kingdom, (College)

Duties included:

- Personal Assistant for the Clinical Lead - Greater Manchester Training Hub.
- Student placement coordination in primary care, including nurse, paramedic and PA work placements within the higher education sector.
- Writing Newsletter, creating spreadsheets, writing up reports, agendas, minutes, participating in allocation and other higher education related meetings.
- Project Management and coordination of the Multi-Professional Preceptorship Programme.
- Engaging and recruiting GP's to participate in primary care work placements, continuous communication with GP's, preparing practices for educational audits. Upskilling GP staff through the GMTH.
- Project Management for a Multi-Professional (Pharmacist, Paramedics, PA and Physiotherapist) Educational Training programme within the Primary Care sector.
- Creating Administrative, Health Care Assistant and other primary care related Support Packs during Covid-19.
- Assistant for DAD PCN. Helping with the implementation of Clarity Team Net.

Products worked with:

I worked with beauty/spa products at my previous work place at The Hut group - Look Fantastic website.

May 2016 - September 2019 - Customer Service Advisor at The Hut Group, Warrington, UK - United Kingdom, (Product Company)

Duties included:

- Worked within the International Customer Service Team responding to customer's queries via telephone and email.
- Gave nutritional and dieting advices according to dietary needs and fitness goals to Myprotein and Exante Diet customers considering certain allergies and tolerances. Gained great knowledge related to food supplements, vitamins and meal replacements.
- I also worked for LookFantastic group, here I got a great insight for beauty and spa products.
- Participated in beauty and health product's training, nutrition training, excellent customer service, quality and processes trainings.
- Efficiently used all of the Microsoft Office packages.
- This job required me to multi-task, managing conflicting demands and producing consistently accurate work even whilst under pressure.
- I developed strong customer service, organizational, administrative and analytical skills.
- This job taught me good organisational skills, time management, a flexible approach and how to maintain confidentiality.

Products worked with:

I worked with all the Look fantastic <https://www.lookfantastic.com>, MyProtein <https://www.myprotein.com> and ExanteDiet <https://www.exantediet.com> products.

Education and Qualifications:

2019 Reiki Training Centre

Level 1

Reiki Level 1

2020 University of Chester

Exercise and Nutrition Science

Health and Exercise

Nutrition in Health and Disease

Biochemistry of Metabolism

Research Methods

Sport Nutrition

Dissertation - Diabetes Type 2 and the effectiveness of plant based diets

Product Training:

June 2020 At college we used Base Formula products, however in aromatherapy I use D'oterra. In massage I use Elemis and Espa brands.

The Central Manchester College of Health & Beauty,

White Rose College, Manchester

Reflexology, Aromatherapy, Deep-tissue massage, Swedish massage, Hot-stone massage, Facial massage, Indian Head Massage and Reiki.

Vocational Qualifications

- I have a first aid certificate.
- I have Covid-19 related PPE training.

Hobbies and Interests

- Exercise and nutrition in everyday life are very important to me.
- I personally follow an ayurvedic approach in my life.
- I do daily meditation and walking, sometimes cycling.
- My other big passion is yoga. I have been practicing yoga for three years. I have tried different forms of yoga including Hatha yoga, Yin-Yan and Kundalini.
- Recently I have been practising Kundalini yoga twice a day.
- I love travelling, and contributing to people's health and wellbeing through complementary therapies, nutrition and exercise.

CV created at www.spastaff.com

