

# **Curriculum Vitae**

**Female**

**D.O.B. 22 September 1956**

**Number of years working in industry: 22 years 9 months**

**Candidate ID Number:** 74044

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Spa Consultant, Spa Director, Spa Manager, Salon Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, College Tutor, Receptionist

## **Personal Statement**

My best qualities are people person who always goes the extra mile, researcher into the pathology and dysfunctions of body systems, organs and glands. I am passionate about reflexology and have many years experience working with specialist clientele with proven results. My life goal at present is to offer my services in a caring professional and confidential manner and provide excellent internal and external customer service to anybody who works with me to sort out the clients problem to help maintain their quality of life, feel relaxed, empowered to take on the world. I would love to work and live in Portugal as I have been privileged to spend time on holiday in this amazing country and atmosphere many times. I have also seen the therapy tent on the beach and would not mind working in this environment.

Seeking work in international locations and

UK

## **Employment History:**

**May 2003 - Present - Sole Trader** at (most recent employer hidden for confidentiality) Bideford, UK - United Kingdom, (Home/Mobile)

### **Duties included:**

Manage and maintain various business premises, create and design business cards, posters and leaflets, sell specific products and provide exceptional, first class, extra mile complementary healthcare therapy services using spinal misalignment questionnaire, weakest link nutrition questionnaire, in-depth Reflexology meridian & five element chart of the dysfunctions and channel pathology of the lungs, heart, kidney, large intestine, small intestine, urinary bladder, spleen, pericardium, liver, triple burner, stomach, and fall bladder. I map acupressure points of the feet, hands and ears on to the clients individual well-being plan gathering medical, lifestyle history through detailed consultation and aftercare advice documents for 0-99 + years specialist clientele. Since 2003 I have practiced seasonally. At present, covid 19 has placed restrictions on my practice and my insurance policy states that I can only assist clients with a health condition or injury whilst wearing appropriate PPE.

### **Products worked with:**

Elemis, Chi Salon System,

essential oils and blends individually mixed by myself

Forever Living and Bee Hive Products

**July 2020 - Present - Complementary Practitioner** at Take a Moment with Lynn, Dawlish, UK - United Kingdom, (Home/Mobile)

## **Duties included:**

Following on from Covid 19 am re-establishing my own business venture , working from home, mobile, target residential homes and offices in 30 mile radius. I am an advanced reflexologist who works on anybody with a sign, symptom or condition to help rebalance health and wellbeing. I manage stock, budgeting, and adhere to Federation of Holistic therapists regulations and have own public indemnity insurance cover.

## **Products worked with:**

Essential oils and carrier oils blended by myself

## **Career Break - lockdown could not work**

**March 2012 - July 2012 - Spa Consultant** at Area Manager , Wentworth House, UK - United Kingdom, (5 Star Hotel Spa)

## **Duties included:**

Provided reflexology, aromatherapy, holistic facials, and my own back pain routine to totally relax any client one written comment was "That was the best back massage i have ever had... and I'm a Pysiotherapist" sold stock productsHolistic therapies are seasonal work , i was earning £12.00 per hour and found out that clients were paying £70 for my back pain routine, so after another couple of months I left to start my own business up again once more.

## **Products worked with:**

Elemis

## **Education and Qualifications:**

### **2020 variety as listed above**

lots of certificates above

- IIHHT-VTCT Level 3 NVQ Diplomas' that include:-
- Anatomy and Physiology
- Holistic Therapies Diploma
- Advanced Reflexology
- Aromatherapy for Carers
- Advanced Body Massage
- Indian Head Massage
- Nutrition
- Reception, Stock Control, Business Administration
- Counselling by a Therapist
- Hot Stone Massage
- Sept 2002 - June 2004
- City and Guilds 730 Further and Adult Teacher Certificates Stage 1 & 2 April 1988 - June 1989
- Professional Membership
- Member of the Federation of Holistic Therapists (NO. 68550) 05/02/20 - 05/02/2021
- DBS Enhanced Certificate
- Continuing Professional Development Training includes: -
- The Open University - bacp 'How to do counselling on line: a coronavirus primer' 9 May 2020
- HM Government Prevent e-learning training course 03/05/2018
- Oplex Careers CPD Level 4 TEFL Masters 2/4/2018
- Oplex Careers CPD Level 3 in Mental Health Nursing 11/01/2018
- Oplex Careers CPD Level 3 in Physiotherapy 27/07/2017
- IIC&M Master Coach Accredited Short Course (Awarded 04/06/2017)
- BVS - Homelife Carers Refresher Course Awarded 05/11/14 - in Moving and handling, infection control, safe handling of medication, pressure sores/ulcers, call monitoring, Person Centred counselling skills.
- MindLeaders Coaching Communication Skills Fundamental Awarded 28/01/13
- MindLeaders Customer Service for Managers Setting Standards Awarded 28/01/2013
- LAO Level 2 Certificate in Principles of Business Administration (QCF) Awarded 09/11/2012
- City & Guilds Level 1 iTQ Certificate for IT user Awarded 23/02/2012
- NCFE Level 2 Certificate in Equality and Diversity Awarded 01/12/2011
- National Open College Network Fundraising Skills BA1/3/TY/007, 2009
- N.H.E.S.C. Behaviour Management Training Briars Patch, 2009
- Virtual College Ltd CPD service GDPR e-learning 05/05/201
- North Hertfordshire College Basic Child Protection Awareness Session for Staff, 2009
- 'Child Protection Awareness Programme' Certificate EduCare, (NSPCC00807) 2006
- C & G Level 2 Certificate in Adult Numeracy, Bedford, 2005

- Chartered Institute of Environmental Health Basic Food Hygiene Certificate (2601220) 1999
- BETEC Professional Development in Counselling Skills, Dunstable College 1997
- Additional Information
- Part time study courses with Open University 2018 – 2020 BSc/BA Honors Open Degree requires self-discipline, time management skills, and determination
- Additional Skills, knowledge and training in the fields of risks of and Homelessness, social exclusion, Drug and Alcohol misuse, domestic violence, mental health, Child Development and play activities, Human Rights Law, Risk Management, work with Pavement and slum dwellers India, Counselling skills, Business Plans.

## **2011 Barnfield College**

Further and adult teachers certificate university of Bedfordshire 1989

Open University , studying Open degree

CACHE level 3 Certificate in Assessing Vocational Achievement(QCF) 2011

Master Coach

## **1972 Millvale secondary modern**

Usual CSE in English maths level 2

Spoken English Senior Grade One certificate at good pass level

## **Product Training:**

### **June 2003 Aroma therapy essential oils and carrier oils**

Barnfield College Luton Bedfordshire

IIHHT- VTCT Diploma in Holistic Therapies , A & P, Aromatherapy + Aromatherapy for Carers, stone massage therapy,, Indian head, Nutrition, holistic facial, Body Massage Certificate, Body Massage Diploma, Reflexology + advanced reflexology, hand and face painting, counselling by a therapist, business management, reception, handle and stock control, implement good working relationships with colleagues and clients, Assess client for holistic treatments, Emergency First Aid Certificate all level 3, Provide Iris Mapping consultation,

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

**SPA STAFF. COM**  
