

# Curriculum Vitae

**Female**

**D.O.B. 09 October 1983**

**Number of years working in industry:**

**13 years 0 months**



**Candidate ID Number:** 87158

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: French

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

**Position Sought:** Spa Co-ordinator, Massage Therapist, Yoga / Pilates Teacher, Receptionist, Retail Professional, Membership Sales Professional

## Personal Statement

I believe I would be an excellent addition to your team. I have a keen ability to handle difficult situations, strong IT and administration skills, and plenty of experience when it comes to providing first class service.

In my previous roles I have demonstrated excellent communication skills with clients by phone, email and face to face. I always put the client first and worked to resolve any issues that might arise. Most of all, I love working with people, am an approachable, outgoing, polite and friendly person who can develop good rapport with clients and colleagues and work well as a team player as well as on my own initiative. A good listener, I have empathy and sensitivity to those with varying needs around me in diverse environments.

Highly self-motivated, well organised, enthusiastic, quick to pick up new skills, calm under pressure and a strong ability to prioritise workloads and multi-task when needed, I am reliable, hard-working, professional and efficient, with a strong understanding of sales and related targets.

I have always had an open-minded, flexible and adaptable approach to work, as situations often arise that aren't foreseeable, and to varying workloads and pressures.

Seeking work in national and international locations and cruise ships

## Employment History:

**November 2007 - November 2020 - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality)  
Exeter, UK - United Kingdom, (Home/Mobile)

**Duties included:**

hatha, yin and vinyasa

**Products worked with:**

yoga Hatha Yin and Vinyasa

## Education and Qualifications:

**2018 various**

As above

Thai Massage

Thai Bag Massage

Nutrition Diploma

Yoga Alliance 200 hour Yoga Teacher, Hatha, Yin and Vinyasa

**2003 North Devon College**

A-Levels

**2000 Budehaven**

GCSEs

**Vocational Qualifications**

first aid

level 2 food hygiene and safety

lifesaving awards level 1 2 and 3

**Hobbies and Interests**

running, yoga, hiking, baking, dancing, photography, reading

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

