

# Curriculum Vitae

**Female**

**D.O.B. 23 October 1993**

**Number of years working in industry:**

**4 years 0 months**



**Candidate ID Number:** 89282

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Massage Therapist, Holistic Therapist, Yoga / Pilates Teacher

## Personal Statement

An intuitive, trustworthy, and forward-thinking individual who thrives in helping others grow. A naturally creative and kind free spirit who is dedicated to learning and evolving in mind and body. Loves to experience life, travel, culture, and nature. Constantly challenges herself with new opportunities and experiences for growth and strives for excellence as an individual and as leading a winning team.

## Employment History:

**August 2022 - Present - Assistant Manager** at (most recent employer hidden for confidentiality) USA, (Cruise Ship)

### Duties included:

Successfully completed two 9-month contracts as Mindful Living Coach onboard Seabourn Ultra Luxury Cruise Ships for the 'Mindful Living' Program created by Dr. Andrew Weil in the Onboard Spa. The Program integrates physical, social, environmental, and spiritual well-being. The role is dedicated to guiding the guests through daily Holistic Yoga Classes, Wellness Seminars, Sound Healing, and Meditation sessions. In 2022 Emily completed Spa Management Training at One Spa World Head Office in Miami before embarking on the new Seabourn Venture Expedition Ship as Assistant Spa Manager and Mindful Living Coach.

### Products worked with:

Elemis

**September 2019 - March 2020 - Yoga / Pilates Teacher** at Seabourn, USA, (Cruise Ship)

### Duties included:

Mindful Living Coach yoga, meditation and sound healing Elemis swedish massage, and wellness seminars for the guests.

### Products worked with:

- Elemis

## Education and Qualifications:

## **2018 Kashish Yoga School / British School of Yoga / London Wellness Academy / Lisa Powers Reiki**

### **Certificates**

- Hatha Yoga
- Yin Yoga
- Aerial Yoga
- Swedish Massage
- Reiki

## **2016 Manchester Metropolitan University**

2:1 Fashion Design and Technology

BA HONS Degree

## **Product Training:**

**August  
2019**

### **Elemis**

- London Wellness Academy
- Kashish Yoga School
- British School of Yoga
- Elemis Swedish Massage
- Mindful Living Coach, Yoga, Meditation, Sound Healing with Amethyst Bio Mat
- Group Fitness Instructor, Yoga, Pilates, Stretch & Release, Cycle
- Management Training

## **Hobbies and Interests**

Yoga, Dance, Reading, Hiking, Swimming, Meditation, Sound Healing, Reiki

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

