

Curriculum Vitae

Male

D.O.B. 11 December 1986

Number of years working in industry: 14 years 1 month

Candidate ID Number: 95421

Nationality: British

Language Skills:

Fluent: English

Basic: Mandarin, Spanish

Permitted to work in: UK - United Kingdom

Position Sought: Spa Manager, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Massage Therapist, Complementary Practitioner, Complementary Therapist, Yoga / Pilates Teacher, Area Sales Representative

Personal Statement

I love helping people.

My goal is to change the way people see themselves and so they can say "I can do it"

Seeking work in national locations

Employment History:

January 2012 - Present - Massage Therapist at (most recent employer hidden for confidentiality) Waltham cross, UK - United Kingdom, (Home/Mobile)

Duties included:

I work with the client to find the best method for them to achieve their goals.

I customise sessions so it can encompass one or all of my expertise to help the client most.

June 2016 - September 2020 - Yoga / Pilates Teacher at Pilates, Welwyn Garden City, UK - United Kingdom, (Health Club)

Duties included:

Teaching Reformer Pilates classes to classes of up to 13.

Maintaining very high standards of Pilates with great knowledge of conditions and issues that could impact the client's experience. Changing or giving variations for members who couldn't perform the pre planned exercise plan.

Making sure that every class was fun, enjoyable, flow well, controlled, knowledgeable and performed with confidence.

Managing my own 121 business to work around the Reformer classes.

Products worked with:

Reformer

Education and Qualifications:

2021 Various

Various

YMCA Exercise and Fitness Knowledge Level 2 YMCA Fitness Instructing Gym Level 2 YMCA Fitness Instructing Circuit Training Level 2 YMCA Sports Conditioning YMCA Nutrition and Weight Management FIE Certificate in Sports Conditioning FIE Certificate in Exercise Referral Level 3 FIE Certificate in Instructing Outdoor Fitness Level 3 FIE Certificate in Group Indoor Cycling FIE Certificate in Personal Training Level 3 Diploma in Seated Acupressure Massage/On-site Massage Diploma in Deep Tissue Massage ITEC Diploma in Swedish Holistic Full-body Massage ITEC Diploma in Sports Therapy Diploma in Advanced Lomi-Lomi Massage IPTI Diploma in Thermal Auricular Therapy/Hopi Ear Candles Diploma in Hot Stones Diploma in Instructing Baby Massage Diploma in Baby Massage Diploma in Pregnancy Massage Diploma in Anatomy and Physiology Level 3 VTCT Ketogenic Diet Heath Coach Diploma in Psychotherapy and Counselling Level 4 Diploma in Holistic Herbalism Meditation Teacher Kinesio Taping Therapeutic Art Life Coach Gua Sha Massage Cupping Therapy Dietary Supplements Advisor Reformer Pilates Instructor Qualification Kid's Yoga Instructor APPI Pilates Matwork Level 3 Spa Relaxation Massage Reflexology Level 3 Thai Foot Reflexology Thai Hand Reflexology Advanced Reflexology Aromatherapy Thai Massage Level 4 Lymphatic Drainage

2002 Sheredes

2002 Hrc

No exams taken.

Vocational Qualifications

Bsac Scuba diving

Hobbies and Interests

Art

Music

Travelling

Learning

Fitness

Health

Reading

CV created at www.spastaff.com

SPA STAFF. COM
