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Experience



Licensed Massage Therapist

Elements Massage®

Sep 2019 - Present (1 year 2 months +)

Evaluate clients' soft tissue condition, joint quality and function, muscle strength, and range of motion

Develop and propose client treatment plans that specify which types of massage are to be used

Discuss with other health care professionals such as physiotherapists, chiropractors, physicians, and psychologists in order to develop treatment plans for clients



Shift Manager

Noodles & Company

Jan 2014 - Sep 2020 (6 years 9 months)

Lead each shift by delegating duties, assigned specific tasks and ensured team members were prepared for each day

Hired, trained and developed new team members

Contributed to a team environment by recognizing and reinforcing individual and team accomplishments



Licensed Massage Therapist

Healing Elements

Apr 2019 - Nov 2019 (8 months)

Guided clients through service offerings and determine which modalities would benefit them most

Took a detailed client history and noted any health conditions and contraindications

Evaluated clients to determine painful or stressed areas of the body

Advised clients on stretching, strengthening or relaxation techniques and methods



Licensed Massage Therapist

Hand & Stone Massage and Facial Spa

Aug 2017 - Sep 2019 (2 years 2 months)

Helped work to build the growing business through community and corporate outreach events

Built relationships with local clients, businesses and

Brought in clients and referred clients to alternative healing modalities as was appropriate

Education



CenterPoint Massage and Shiatsu Therapy School and Clinic

2015 - 2017

Skills

Taking direction • Coachability • HTML • CSS • JavaScript • jQuery • Growth mindset • Active listening