

Rosa Valdez

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EDUCATION

International Professional School of Bodywork San Diego, CA

Associate's Degree Dec 2016

- Specialization in Asian Healing Arts, Clinical Methods and Integrative Somatic Methods.

Certified as a Holistic Health Practitioner. Graduated with Honors

WORK EXPERIENCE

Peace.Love.Wax. - Plano, TX

Salon Coordinator/Receptionist

Aug 2022-Present

- Managed online and phone appointment scheduling for guests, proper tracking and input of clients' records into salon software.
- Maintained inventory levels, salon appearance, welcome and accommodate guests' needs and general salon maintenance.
- Aided in cleanliness of the salon to maintain superb condition.

JNCI, LLC - Lemon Grove, CA

Holistic Health Practitioner

Sept 2016-July 2022

- Provided services such as massage, herbal body wraps and salt scrubs to guests at Optimum Health Institute and maintained privacy of regular and high profile guests.
- Conducted individualized 60,90 and 120 minute sessions while adhering to state mandated safety and sanitation regulations.
- CAMTC #66349

Sun Rising Bodywork - San Diego, CA

Owner/Practitioner

Jan 2015-Mar 2020

- Conducted individualized 60,90 or 120 minute massages
- Provided BodyMind Coaching
- Managed office including scheduling, marketing, bookkeeping, and communications.

Chuze Fitness - National City, CA

Assistant Team Leader

Dec 2011- Jan 2015

- Assisted to recruit, train and coach associates.
- Organized a weekly schedule and ensured payroll was correct.
- Managed/monitored personal trainers and group fitness instructors.
- Assisted manager in creating new daily procedures that would be used company wide.

Chuze Fitness - Santee, CA

Key Associate

Dec 2011-Dec 2011

- Greeted, checked in and assisted members and made them feel welcomed.
- Identified first time visitors and guided them through an informative tour and signed them up for memberships.
- Coordinated the team to achieve daily cleaning and member service duties.

Flood Church - San Diego, CA

Lead Greeter/Greeter

2010-2022

- Organized weekly volunteers to create a safe and welcoming experience and environment for guests.
- Communicated and coordinated with the safety, connections, media and pastoral teams.
- Trained and assisted new volunteers.

SKILLS & INTERESTS

Bilingual (English/Spanish), Extraordinary people skills, critical thinking, customer-focused service, massage experience, interpersonal skills, problem solving, cash handling, and organizational skills.