Objective

After 20 successful years within the hospitality industry I am now looking for a position within your company where I can utilize my skills learned and combined with the invaluable experience gained over my career, to deliver results with dedication and passion. I’m looking for a challenging and rewarding position within an environment that strives to provide excellent client care.

Summary of Qualifications

* Strong interpersonal skills with a focus on staff/client development.
* Over 10 years of experience in the International hospitality industry with customer satisfaction and service.
* Motivated and Team-Orientated.
* Genuine enthusiasm and aptitude for building client bases within the community.
* High level of business acumen and common sense.

Demonstrates assessment skills through ability to analyze and implement treatment plans.

A compassionate therapist, experienced in inspiration and development of individuals.

* Able to manage teams in a multi-dimensional operation.

Professional Experience

**Dorval Physiotherapy and Wellness 2017 – Present**

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*Our mission is to help our clients reach their maximum physical potential through our physiotherapy, massage and acupuncture services. You will receive the undivided attention of your therapist for the entire duration of your assessment and treatment.*

**Registered Massage Therapist**

Treatments include Postural Assessments, General Swedish techniques, Hydrotherapy, Myofascial release, Rhythmic and lymphatic techniques and joint mobilizations, reduction of varied amount of postural dysfunctions including Scoliosis, IT band syndrome, Sciatica, musculoskeletal and connective tissue imbalances, including various sports injuries.

**Massage Addict Burlington Power Center 2017 – Present**

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*Massage Addict is Canada’s largest Massage Therapy company. Massage Addict has become an important part of the Burlington community. Our experienced Registered Massage Therapists provide a high-quality and luxurious massage at an affordable price*

**Registered Massage Therapist**

Treatments include Postural Assessments, General Swedish techniques, Hydrotherapy, Myofascial release, Rhythmic and lymphatic techniques and joint mobilizations, reduction of varied amount of postural dysfunctions including Scoliosis, IT band syndrome, Sciatica, musculoskeletal and connective tissue imbalances, including various sports injuries, including specific considerations such as pain maintenance for stage four Cancer patients also increasing parasympathetic levels to reduce symptoms for patients with Parkinson’s.

**GoodLife Fitness Wellness Centers 2017**

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GoodLife Fitness closed all their health centers as of August 2nd 2017 after over 10 years of operation.

**Registered Massage Therapist**

Treatments included Postural Assessments, General Swedish techniques, Hydrotherapy, Myofascial release, Rhythmic and lymphatic techniques and joint mobilizations, reduction of varied amount of postural dysfunctions including Scoliosis, IT band syndrome, Sciatica, musculoskeletal and connective tissue imbalances, including various sports injuries, as well as sleep induction for patients with sleep apnea.

**Sutherland – Chan School of Massage Therapy and Clinic 2015 – 2016**

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*At Sutherland-Chan we strive for excellence in all aspects of our program, but in particular we emphasize the need for depth and diversity of clinical experience. The faculty at the school are considered experts in their field, to which the students benefit from their experience.*

**Student of Massage Therap**y – Graduate October 2016

* Two Year Diploma - 2200-hour program.
* Clinical Experience includes

**Relaxation clinic**- 15 weeks, treatments included Postural Assessments, General Swedish techniques, Hydrotherapy, Myofascial release, Rhythmic and lymphatic techniques and joint mobilizations. Specifics included One-hour full body treatments decreasing stressful and postural dysfunctions.

**Seniors clinic** St Mathews Bracondale House – 8 weeks, treatment considerations included Cardiovascular, Osteoporosis. Specific treatment goals achieved are reduction of chronic pitted edema and control of spasticity and rigidity associated with Parkinson’s to improve bowel regularity from 1/ 7 days to 3/ 7 days.

**Treatment clinic** – 30 weeks, maintained a full schedule of return clientele with specific considerations such as pain maintenance for stage four Cancer survivor, increasing parasympathetic levels to reduce Parkinson’s symptoms, reduction of varied amount of postural dysfunctions including Scoliosis, IT band syndrome, Sciatica, musculoskeletal and connective tissue imbalances, including various sports injuries.

**Stroke Club** Central Neighborhood House – 8 weeks, applied modalities to increase the neurological proprioception specifically treating foot drop syndrome in a post-stroke patient.

**Toronto General Hospital** Post Surgery and **Sunnybrook Hospital** High Risk Obstetrics clinics – 16 weeks, with both these Hospital environments positioning considerations and high risk considerations were applicable such as Cardiovascular, post-surgical, preeclampsia, gestational diabetes, placenta previa, providing treatments to patients alongside the medical teams to reduce patient anxiety and stress.

* **Clinical Assistan**t – main responsibility maintenance of all Hydrotherapy equipment (Steam Cabinets, Hydroculator’s, paraffin Wax baths etc.) and maintaining compliance with the equipment log within the school.

Additional Work Experience

**Hard Rock Café Toronto 2013 - 2014**

***Restaurant Operations Manager / Training Manager***

**Five Star North America 2011 – 2013**

***Restaurant General Manager / Training Manager***

**Hockley Valley Resort 2010 – 2011**

***Restaurant General Manager***

**Carnival Cruise Lines 2004 – 2010**

***Bar Manager / Senior Assistant F&B Manager / Fleet trainer***

**Hilton International**

***Beverage Manager Hilton Dubai Jumeira*h 2000 – 2003**

***Restaurant General Manager Hilton Sandton South Afric*a 1998 – 2000**

***Restaurant Assistant General Manager The Langham Hilton UK* 1996 - 1998**

Continuing Education

**Emergency First Aid and CPR/AED HCP** -Canfit Pro  **2017**

**TIPS® (Training for Intervention Procedures)** -Health Communications Inc. **2014**

**Food Handlers Certification** -Toronto Public Health **2011**

**Smart Serve** -Smart Serve Ontario **2010**

**Group Leadership** - Carnival Management Course **2004**

**Basic safety training as a merchant seaman** - Carnival Management Course **2004**

* **STC W-95 - standard of training certification and watch keeping** - Ocean Protection Services Ltd **2004**

**Sommelier II** - Wine/Spirit Education Trust **2003**

**Sommelier 1** - Wine/Spirit Education Trust **2003**

**Certified Trainer Award**  - Hilton Management Course **1997**

**References available upon request.**