

## CREDENTIALS

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- Life Coach, NLP Practitioner, Personal Breakthrough Experience Facilitator  
(Accredited by the CCE- Continuing Coach Education, International Coach Federation and COMENSA -Coach Training Provider)
- Time Paradigm Techniques Practitioner  
(Accredited by COMENSA - Coach Training Provider)
- Transcendental Quantum Reiki Levels 1-2  
(Accredited by International Practitioners of Holistic Medicine)
- Curanderismo: Global and Cultural Influences of Traditional Healing  
(Accredited by the University of New Mexico)

## SKILLSET

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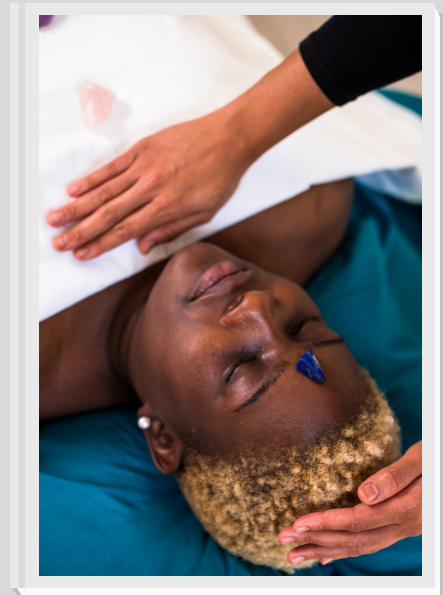
- Trauma-Informed Coach
- Sound Healing Therapy
- Holistic Massage/Vibroacoustic Bodywork
- Culturally diverse work and life experience. Travelled to 67 Countries
- Wellness Concept development
- Mindfulness/Meditation Workshops
- Wellness Events/Retreats

## EXPERIENCE

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- Royal Caribbean, NCL, Crystal Cruise Lines** July 2011-May 2014
- Integrated Spa Therapist
- Dubai - Jumeirah Group ( Talise Ottoman Spa)** Dec 2014-Aug 2019
- Senior Spa Therapist
  - Wellness Manager
- Oman - Six Senses Zighy Bay** Aug 2019-Mar 2021
- Wellness Manager /Practitioner
- Wellness Practitioner/Consultant - Global** Mar 2020-Present
- International Visits:**
- Visiting Practitioner/ Pre-Opening Wellness Consultant;  
-Ozen Life Madhoo, Maldives. 1-31st Aug 2021  
-Kisawa Sanctuary, Mozambique. 1 May-1 July 2021

- Resident Practitioner- SEVA Experience, Dubai
- Wellness Consultant - Kintsugi Space, Abu Dhabi
- Contributing Writer - SWAA Insights Magazine & Professional Beauty UK/GCC/South Africa Magazine



## EDUCATION

**2009-2010**

**Elite School Beauty, Zimbabwe**

- ITEC, CIDESCO Diploma in Advanced Aesthetics, Anatomy/Physiology, Massage and Beauty Therapy

**2018-2022**

- Certified Life Coach/NLP practitioner
- Certified Advanced Sound Healing Therapist
- Meditation and the Evolution of Consciousness (Agape)
- Zazen Practice (Eiheiji Temple Japan)
- Train The Trainer ( NCBI)
- Spa & Wellness Management Emirates Academy (Emirates Academy)
- Wellness Pre-opening and Operations (CIBTAC)

**2022-2023 - Concurrent Training**

- Compassionate Inquiry ©

A Psychotherapeutic Approach developed by Dr.Gabor Mate.

Scope of the approach:

Childhood Trauma  
Addiction  
Depression & Anxiety  
Understanding mental and Physical Illness