

Venetia Moore *ITEC Hons Dip Cert Ed IPTI* **Health & Wellbeing Practitioner / Consultant / Teacher**

PERSONAL SUMMARY

Highly motivated and self-employed person with 24 years of professional experience in the Complementary Health / Wellbeing Industry.

Warm and friendly person who is able to adapt to conventional and unconventional working environments.

QUALIFICATIONS

1977-78 – GCSEs English B, Human Biology B and Art B
1980 – AMP& Swedish Massage City& Guilds- (Distinction)
1991 – Aromatherapy ITEC – (credit)
1997 – Clinical Honours Diploma ITEC
Diet & Nutrition
Lymphatic Drainage Massage
1994-8 – CranioSacral Therapy LSM - Zakia Collins
2001 – Stage One Teaching City& Guilds - credit
2002 – Baby Massage IAIM
2003n – Baby Yoga Birthlight - Francois Freeman
2005-7 – Developing Progressive Counsellor SRHMC
2007-9 – Cert Ed Diploma Plymouth University (grading 2-1 percentage)
2009 – Pure Meditation Foundation Spiritual Knowledge & Philosophy
Teaching SRHMC
2010 – Holistic Energy Care Teacher Training SRHMC
2010 – Retail assistant – Toucan Wholefoods Mlnehead
2014 – Published self-help book ‘Surviving Baby Colic
2014 – Online Baby Colic Coaching Service
2015 – Online Pure Meditation Foundation Teaching Service
2015 – Be Still & Be Mindful – tutor training for child

AREAS OF EXPERTISE

Extensive range of experience and skills combined with an intuitive, holistic approach to health & wellbeing.

Areas of expertise:

Life Coaching – consultations
Stress / anxiety management – courses / talks / consultations / treatments
Muscular / joint problems therapies
Lymphatic Drainage – treatments
Mindfulness Coaching – courses / talks / consultations / treatments
Emotional stress & anxieties – consultations / treatments / courses
Health fitness / exercises – consultations / classes
Optimum health & wellbeing – courses / talks / consultations / treatments
Spiritual Life Coaching / meditation teacher – coaching / teaching sessions / talks

Baby Colic management – treatments / consultations / talks / courses

Adult Teaching – courses / classes / one-to-one

CAREER HISTORY

Hairdresser – UK & Australia 1980 - 1981

Telephone Sales Person – varied UK & Australia 1981

Promotional work - Promotional agency ASK London 1984

Nanny / Mother's help – London 1985 – 87

Health Food Shop Sales Assistant – 2006 - 2007

HEALTH & WELLBEING PRACTITIONER / CONSULTANT / TEACHER

April 1991- Present

Job description

- Employment of intuitive and analytical skills to assess and to provide a holistic & clinical approach to health & wellbeing.
- Provide support, care and information
- Design treatment programs
- Provide a treatment / s
- Tutor classes / courses in areas of expertise.
- Talks and demonstrations.
- Author – writer of resources and self-help book
- Experience with all age groups and Adults with Learning Difficulties and Disabilities

Places of work

- Irnham Lodge Complementary Health Centre – set up by doctors
- Somerset Skills and Learning – County Council college
- Wholefood Shop treatment rooms
- Private homes
- Residential / nursing homes
- On site work for film / music
- Health Farm
- Exhibitions / health fares / shows – varied locations
- Workshops – varied locations