

Qualifications

Exercise and Health Qualifications

Exercise & Health Science BSc (Hons)

Nordic Walking Instructor (NWUK)

Exercise Referral (Level 3)

CanRehab - Exercise and Cancer
(Level 4)

Keep Fit Association Teacher
Certificate

Intermediate Support to Stop Smoking
Adviser

Complementary Therapy Qualifications

Reflexology (VTCT level 3)

Reproflexology™

Accredited Certified Advanced EFT
Practitioner (EFTi)

Reiki Practitioner (level 3)

Facials (VTCT level 2)

Indian Head Massage (VTCT Level 2)

Reflexology Lymph Drainage

Havening Techniques®

Tiny Toes Reflexage - Qualification to
instruct combined baby reflexology
and baby massage classes

AromaReflex Level 1

Courses Attended

Exercise and Health

Gymstick International

Tai Chi Chi Kung Teacher

Trek Fit

Suicide First Aid

Physical First Aid

Motivational Interviewing

Complementary Therapy

The Peri and Post Menopause Care
Programme

Pain Management in the Female
Reproductive System

Introduction to Nerve Reflexology

Identity Healing

Empowering Parts Work with
Havening Techniques®

Pain Management and EFT

Supporting The Fertility Journey Using
Reflexology

Supporting the Maternity Journey
Using Reflexology

Adapted Reflextherapy

Facial Reflexology (Bergman Method)

Zone Facelift Therapy

Thermal Auricular Therapy

Hypnotherapy

Coaching (ITOL)

Neuro Linguistic Programming
Practitioner