


# LISA SMITH

READY FOR A NEW CHALLENGE

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## KEY STRENGTHS AND SKILLS

Effective negotiator  
Planning and organisation  
Crisis management  
Problem solving  
Communication  
Mentorship

## IT

Microsoft Office applications

## INTERESTS

Animals and Nature  
Travel  
Spirituality  
Music, Film and Theatre

## QUALIFICATIONS

TEFL 2017  
COSCA Counselling Skills 2013  
Methadone 101 Course  
Animal and Human Reiki  
Mentorship Level 3 Degree  
Canadian Registered Nurse  
Examination Degree  
DIP HE/RN Course (Nursing)  
London Chamber of Commerce  
Private Secretaries Certificate

## REFERENCES

Available on request

## PROFESSIONAL SUMMARY

An adaptable health care professional with over 20 years' worldwide experience of nursing, focusing on improving the well-being of those in need through care, negotiation, problem-solving, attention to detail, and working with colleagues, patients and their families.

## CAREER OBJECTIVE

I am now looking to make a career change where I can continue my passion for making a positive difference but with the focus on care for animals. My long-term goal is to become a **Canine Massage Practitioner** and to work in a veterinary practice. I plan to start training for this on a part-time basis between December 2019-2021.

I would like to gain as much experience in a veterinary practice as possible. I believe my skills are transferable to a role as a **Receptionist** or a **Care Assistant** (depending on experience required). I would like to find full-time/part-time work for 2019 and part-time work in 2020 and 2021 whilst I study for my course.

## WORK EXPERIENCE

### NURSING AT MILITARY BARRACKS Various | UK | 2011-2017

I have worked at a number of UK military barracks. These were short-term contracts and I was placed by a specialist recruitment agency. I responded to the health needs of army personnel and advised officers on relevant issues.

### ADDICTION NURSING Vancouver, BC | Canada | 2007-2011

I managed a caseload of 32 Clients in a Methadone Outpatient Clinic, with an Addiction Physician and a team of Counsellors.

I was responsible for initial client assessment and appropriate referral. Thereafter, I advised clients on their methadone dose, lifestyle choices (including smoking cessation) and taught them about the process of addiction. I also ran my own Meditation Group.

### OTHER NURSING & GENERAL WORK Various | UK, Finland and Australia | 1996-2007

Including nursing in Finland and Australia, and staff nurse roles in the UK. In non-nursing roles, I have worked in the commercial sector as a **Receptionist** and also in Administration.

## VOLUNTARY WORK

### Live-in Housekeeper | Marpa House Buddhist Retreat Centre | UK | 2017-2018

I was responsible for looking after the centre, guests, and preparing major events.

### Housekeeper | Samye Ling Buddhist Retreat Centre | UK | 2013

I studied the effects of meditation and mindfulness on well-being.

### Welfare For Animals in Goa (WAG) and El Shaddai Charitable Orphanage Trust | India | 2012

I helped with street dog rescue and visited children's orphanages for two months.

### Choose Again Healing Centre | Costa Rica | 2012

I joined Counsellors for one month and worked alongside people who were suffering from anxiety and depression. This encompassed all aspects of health including meditation, yoga and group work.