

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 train to become a **Canine Massage Practitioner**.

I would like to gain as much experience as possible at a veterinary practice. I believe my skills are transferable to a role as a **Receptionist** or a **Care Assistant** (depending on experience required). I am looking for full-time or part-time work.

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.