


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

Reflexology

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.

2019

Health determined a break.

A plan to begin a new, joint business venture. Dog-sits for 4 months, allowing time for research, reflection, and consideration of what would motivate us both.

Although our backgrounds are different, I felt compelled by the idea that combined, we could excel in something greater.

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 Administrator.

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.