

Tionna Cabral

Westminster, CO
tionnacabral@gmail.com - 7209365446

Authorized to work in the US for any employer

WORK EXPERIENCE

Massage Therapist

Spavia Day Spa - Westminster, CO -

2017-02 - 2017-11

Customer service, massage therapy, performing different modalities, laundry, light cleaning

Office Manager

Best Impressions Window Cleaning - Broomfield, CO -

2012-01 - 2017-01

Taking and returning phone calls, scheduling appointments and jobs, maintaining a clean office, washing equipment as towels, organizing client records, checking and returning emails, customer service, light cleaning.

Lead Massage Therapist

Massage Envy - Superior, CO -

2015-01 - 2016-03

Customer service, massage therapy, lead duties, performing different modalities, light cleaning, keeping team on track, maintaining a clean work environment, training new therapists, doing practicals before hiring.

Massage Therapist

Essential Bodyworks - Westminster, CO -

2014-10 - 2015-02

Customer service, massage therapy, scheduling appointments, maintaining the office space, answering and returning calls, performing different modalities, client notes and filing, computer work, light cleaning.

Massage Therapist

Massage Envy - Westminster, CO -

2014-08 - 2014-10

Customer service, massage therapy, performing different modalities, light cleaning, client notes.

Sales Floor Team Member

Target - Westminster, CO -

2011-11 - 2012-11

Customer service, sales, cashiering, stocking, keeping store clean.

EDUCATION

Massage therapy

Denver school of massage therapy - Westminster, CO

2013-10 - 2014-05

High school diploma

Front Range Academy - Broomfield, CO

2010-01 - 2012-05

SKILLS

Microsoft office, Microsoft word, Excel, Scheduling appointments, Customer Service, Filing, Call Center, Networking, Powerpoint, Phones, Organizational Skills

CERTIFICATIONS/LICENSES

Massage Therapist

2014-05 - Present

License to perform massage therapy

First Aid and CPR

2014-05 - Present

Certification to perform first aid and CPR.

Driver's License

2016-11 - Present

GROUPS

There With Care

2010-08 - Present

Helps to provide support to family's of children with illnesses.

ADDITIONAL INFORMATION

I am a fast learner and have excellent customer service skills and am able to multi task. I can manage time very well and have taken a couple of extra classes in deep tissue. I pay attention to details and keep things organized. I greatly enjoy being a massage Therapist and helping people everyday!