

Liz Ferris

Contact

25 St Michale's Bank, Peebles,
EH45 8SR
07467877758
jamyang-chodron@hotmail.com

Education

Seedfield Highschool,
Walmersley, Bury, Greater
Manchester

Dumfries and Galloway College
Dumfries
Swedish Massage Therapy
Course, Anatomy and
Physiology and Indian Head
Massage Course
2007-2008

Objective

CV detailing my work to date, my professional and personal skills demonstrated and formal education.

Experience

2023-2024
Private Home Care • Care Worker • Self Employed
Scotland

2020-2021
Auxillary Nurse • NHS Keyworker • NHS England
England

April 2018- July 2018
Cleaner • House Keeping • Hotel Faaborg Fjord
Denmark

October 2017- April 2018
Personal Carer • Caring Professional • Focus People
Denmark

May 2016-October 2016
Massage Therapist • Massues • Sundheds Doktor
Denmark

June 2015-May 2016
Front of House Personel • Catering • Ristorante Pavarotti
Denmark

October 2014-June 2015
Cleaner • House keeping • Hotel TØNDERHUS
Denmark

2006-2015
Massage Therapist • Masseus • Self Employed
England and Scotland

2007-2014
Part Time Volunteer • Kitchen Assistant • Kagyu Samye Ling
Scotland

2012-2013

Personal carer • Carer • End of Life Care for Family
England

2003-2006

Health and Social Carer • Caring Professional • Hazelwood Home
Care
England

1992-1994

Volunteer • Seamstress, Construction Worker, Artist • Kagyu Samye
Ling
Scotland

1988-1990

Seamstress • Machinist • Burnley Rd. Sewing
England

1986-1988

Screen Printer • Printer • Turnbull's Screen Printers
England

I have undertaken a number of roles throughout my working career and while the job requirements have been varied there are a number of skills and personality traits that have been needed. Good timekeeping and a professional attitude to work have been key to implementing each role. During my time as a carer in various capacities I have demonstrated my ability to be nurturing, thoughtful and responsible for those I'm caring for. I also developed a number of skills through training such as manual handling, risk assessment, individual care support, end of life support and teamwork development. I have also needed to develop a good sense of humour and a happy disposition.

Communication

Communication was key to working in the care industry, this required being understanding and making efforts to clarify the needs of individuals. Communication was also important in other roles which allowed me to clarify and understand each role and complete each job to the best of my capacity.

Thank you for your consideration.
