

Health & Wellbeing Practitioner Using

Science and Nature

Accomplished professional with substantial experience providing support and guidance to individuals/groups in achieving and maintaining optimal physical, mental, and emotional health. Proficient in preventing and managing illness and disease by providing holistic care and guidance. Expert in Conducting health assessments and screenings to identify potential health risks and issues. Skilled in developing personalised health plans for individuals based on specific needs and goals. Instrumental at collaborating with other healthcare professionals, such as doctors and nurses, to ensure coordinated and effective care. Well-versed in staying up-to-date with the latest research and trends in health and wellness to provide evidence-based care. Self-motivated and dedicated individual with a credible track record of offering best-in-class services while demonstrating a calm demeanour and positive attitude, emphasising accomplishment of organisational mission and vision. A lover of physics and biology who can implement the subjects into everyday healthy lifestyles and deliver excellent patient care.

Areas of Expertise

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| ◆ Case Management | ◆ Teaching | ◆ Individual/Group Counselling |
| ◆ Wellbeing Assessment | ◆ Diagnostic Evaluation | ◆ Treatment Planning |
| ◆ Legal Documentation | ◆ Regulatory Compliance | ◆ Relationship Building |
| ◆ Team Player | ◆ Staff Training & Development | ◆ Public Relations |
| ◆ Remote Working | ◆ Experienced in Communication | ◆ Respectful and Trustworthy |
| ◆ Active Listener | ◆ Compassionate in Care-Giving | ◆ Patience/Lifelong Learning |
| ◆ Public Health | ◆ Research | ◆ Health Education |

Professional Experience

Freelance, London, England Naturopath Practitioner

2016 – Present

Collaborate and Interview patients to document symptoms and health history. Monitor performance-based practice centred around evidence-based medicine. Direct, dispense, and prescribe natural medicines such as foods, plant extracts, herbs, and amino acids. Treat acute and chronic illnesses with supplements, medicines, and lifestyle adjustments. Facilitate routine primary care services and emergency appointments for patients. Address and resolve patient concerns by applying conventional and non-conventional therapies. Demonstrate a high level of initiative and creativity while tackling challenging tasks. Leverage critical thinking to break down problems, evaluate solutions, and make decisions. Identify problems, analyse information, and provide solutions to problems.

- Accomplished weight loss goals among family and friends.
- Made healthy choices by changing dietary habits from unhealthy foods.
- Provided education on the need for supplementation with plant extracts.
- Accomplished the change to healthier lifestyles.
- Provided cures for chronic conditions such as insomnia, migraine headaches and digestive disorders.
- Enhanced academic performance of children struggling with mental disorders.
- Up to date with the modern scientific equipment in patient monitoring.

Able Solicitors, London, England Legal Secretary, Immigration Tribunal Representative and Office Manager

1998 – Present

Perform legal secretarial duties such as preparing court documents, seeing clients about appointments, and keeping files updated with relevant documents. Direct administration and office management responsibilities while maintaining technology aspects of office equipment as well as troubleshooting office network. Assisted barristers in the high court and represented clients in

tribunal hearings. Prepare and submit documents to courts on behalf of the attorney. Develop and write legal correspondence and professional letters for legal assistants and attorneys. Arrange delivery of legal correspondence to clients, witnesses, and court officials. Respond to prospective clients through telephone calls. Proofread and edited legal correspondence for grammar and spelling. Manage and schedule all appointments, appearances, and briefings.

- Ensured smooth running of the legal firm.
- Achieved record keeping according to legal service commission protocol.
- Facilitated in accomplishing many successful conveyancing transactions.
- Built and strengthened robust client relationships for further service.
- Maintained and continued to practice client confidentiality.
- Led to successful high court cases by coordinating with Barristers.

Additional Experience

General/Endoscopy Nurse, Northwick Park and St Mark's Hospitals, London, England

Student Nurse, Mount Vernon, Hillingdon and Harefield Hospitals, London, England

Vocational Care Assistant, Marion Care Home, Bournemouth, England

Teacher, School for the Mentally and Handicapped Children, Kampala, Uganda

Education

Doctoral Student D. Health Science Keiser University, Graduate School, Online May 2023 -

Master's Degree in Natural Health Science (MSc), Bircham International University, Online

Diploma in Psychotherapy (Dip), British School of Yoga, Online

Certificate in Neuroscience Pt 1 (Cert), HarvardX EdX, Online

Bachelor's Degree in Naturopathy (BSc), Bircham International University, Online

Diploma in Aura and Chakra Energy Healing (Dip), School of Natural Health Sciences, Online

Diploma in Cognitive Behaviour Therapy (Dip), School of Natural Health Sciences, Online

Diploma in Herbalism (Dip), School of Natural Health Sciences, Online

Diploma in Nutrition (Dip), School of Natural Health Sciences, Online

Certificate in Psychology (Intro) (Cert), Tsinghua University EdX, Online

Certificate in The Conscious Mind (Cert), Trinity College EdX, Online

Diploma in Legal Secretarial (Dip), Institute of Legal Executives, London

Diploma in Immigration Law (Dip), Transatlantic College London

Diploma in Nursing (Dip), Buckinghamshire/Brunel Universities, London

Licenses & Certifications

Royal College of Nursing (RCN). (UK)

Association of Holistic and Complementary Practitioners (AHCP) (UK)

American Association for Drugless Practitioners (AADP) (USA)

International Institute for Complementary Therapists (IICT) (UK)

British Association for Behavioural and Cognitive Psychotherapies (BABCP),(UK)

The General Naturopathic Council (GNC) (UK)

Association of Naturopathic Practitioners (ANP) (UK)

British Holistic Medical Association (BHMA) (UK)