

PHOEBE BOUFFAY

Massage Therapy Student

613-727-4723 | bouf0142@algonquinlive.com | www.linkedin.com/pbouffay

PROFILE

Accountable and compassionate Registered Massage Therapist with 3 years of practical hands-on training in a variety of assessment and therapeutic techniques. Able to earn client trust and build strong client relations by maintaining the highest level of excellence, integrity and professionalism. Experience working with individuals of all ages through all stages of life.

SUMMARY OF QUALIFICATIONS

- Eligible for registration with the College of Massage Therapists of Ontario (CMTO)
- Strong communication skills to promote and easily explain various treatments and services to clients
- Able to develop individualized treatment plans through careful assessment and observation of client health
- Skilled in performing various body treatments including general, full body, and regional massage practices
- Knowledgeable of aerobic/anaerobic, balance, coordination, isometric, isokinetic, and isotonic resistance exercise techniques
- Strong understanding of etiology, pathophysiology, and clinical manifestations of commonly occurring conditions
- Collaborate effectively within an inter-professional healthcare team to enhance client's health and wellness

EDUCATION

Massage Therapy Advanced Diploma

2019-Present

Algonquin College

- GPA: 3.7/4.0, Dean's Honours List

Previous Diploma/Degree

2016

School

RELATED EXPERIENCE

Student Massage Therapist

2019-Present

Algonquin College

- Deliver massage therapy treatments to clients with complex conditions, applying finger and hand pressure to specific points of the body
- Assess client's soft tissue condition, joint quality and function, muscle strength, and range of motion using appropriate assessment procedures
- Develop and propose client treatment plans to reduce, manage or alleviate symptoms
- Execute proper draping and positioning for massage treatments
- Direct patients in exercises to restore capacity in activities of daily living

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RELATED EXPERIENCE CONTINUED

Student Massage Therapist (Outreach)

2019-2020

Algonquin College

- Provided massage therapy treatments to specific client population groups experiencing environmental, developmental and medical challenges
- Interviewed and assessed client case history to identify presenting conditions
- Collaborated with each client to identify treatment goals and design a care plan for safe and effective message treatments
- Continually monitored treatment outcomes and modified treatment plan as appropriate
- Educated clients on the benefits of massage therapy as it pertained to their particular health condition

OTHER WORK EXPERIENCE

Customer Consultant

2016 – Present

The Body Shop

- Greet and assist clients with a friendly and approachable demeanor to provide a positive shopping experience
- Stay informed about product lines including ingredients, benefits and ethical sourcing to provide knowledgeable recommendations
- Meet and exceed sales targets through effective product promotion, upselling, and cross-selling techniques
- Gather and relay customer feedback to management to improve products and services
- Work closely with team members to achieve store goals and assist in training new staff

CERTIFICATIONS & TRAINING

Standard First Aid and CPR

2019

St. John's Ambulance, Ottawa, ON

Non-Violent Crisis Intervention

2018

CPI, Ottawa, ON