



Venetia Moore *ITEC Hons Dip Cert Ed IPTI*
Health & Wellbeing Practitioner / Consultant / Teacher /
Author / Wellbeing Retreat Facilitator / Practitioner

*Award – 2019 Best Health & Wellbeing Treatments Provider
for Somerset*

PERSONAL SUMMARY

I am a highly motivated person with 28 years of professional experience in the Complementary Health / Wellbeing Industry. I am also a warm and friendly people person who is able to adapt to conventional and unconventional working environments.

QUALIFICATIONS

1980 - Beauty Therapy City & Guilds (Credit)
1980 - AMP& Swedish Massage City& Guilds- (Distinction)
1991 - Aromatherapy ITEC – (credit)
1997 - Clinical Honours Diploma ITEC
 - Diet & Nutrition
 - Lymphatic Drainage Massage
1994-8 - Craniosacral Therapy LSM - Zakia Collins
2001- Stage One Teaching City& Guilds - credit
2002 - Baby Massage Instructor - IAIM
2003 - Baby Yoga Birthlight Instructor - Francois Freeman
2005-7 - Developing Progressive Counsellor SRHMC
2007-9 - Cert Ed Adult Teaching Diploma Plymouth University (grading 2-1)
2009 - Pure Meditation Foundation Spiritual Knowledge & Philosophy
 - Reg. Teaching Cert SRHMC
2010 - Holistic Energy Care Reg. Teacher Cert SRHMC
2016 - First Aid
2018 - Pregnancy Massage
2018 - Table Top Thai Massage
2019 – CV Magazine Media Innovator Award– Best Health & Wellbeing Treatments Provider
for Somerset.
2019 – Management and Leadership Diploma

AREAS OF EXPERTISE

Extensive range of experience and skills combined with an intuitive, holistic approach to health & wellbeing.

Areas of expertise:

Life Coaching – consultations

Stress / anxiety management – courses / talks / consultations / treatments

Muscular / joint problems therapies

Holistic Wellness Treatments - **Lymphatic Drainage**, Aromatherapy, CranioSacral Therapy, Deep Tissue Massage, Baby Massage, Baby Yoga, Holistic Massage, Thai Yoga Massage, Pregnancy Massage.

Mindfulness Coaching – courses / talks / consultations / treatments

Emotional stress & anxieties – consultations / treatments / courses

Health fitness / exercises – consultations / classes
Optimum health & wellbeing – courses / talks / consultations / treatments
Spiritual Life Coaching / meditation teacher – coaching / teaching sessions / talks
Baby Colic management – Author / treatments / consultations / talks / courses
Adult Teaching – courses / classes / one-to-one.

CAREER HISTORY

Hairdresser – UK & Australia 1980 - 1981
Telephone Sales Person – varied UK & Australia 1981
Promotional work - Promotional agency ASK London 1984
Nanny / Mother's help – London 1985 – 87
Health Food Shop Sales Assistant – 2006 – 2007
Mobile therapist – Somerset 1991
Therapy / teaching – Complementary Health Centre
Cedar Falls Health Farm
Toucan - Health Food
SS&L (ALDDs)
Neal's Yard Remedies – Taunton /Dorchester/Exeter
Retreats host / instructor / therapist – Wimbleball Lake Somerset
Rainsbury House Wellbeing Days facilitator / instructor
Health classes

Author – Published Self help book for parents 'Baby Colic Help'
Article writer - Parent and Baby magazines - UK/Australia/USA

Teaching Classes / workshops:

Adults with Learning Difficulties & Disabilities
Baby Massage
Baby Yoga
Adults' health classes
Free Dance Sessions
Movement 4 Health classes
Workshops – Health & Wellbeing
Pure Meditation Foundation
Holistic Energy Care Workshops
Learn the Art of Massage
Tai Chi / Shibashi

On location therapy work – Film - Dulverton – director / actors 2004
Theatre - Somerset productions 2014 – current

Designer / Facilitator / Practitioner - Wellbeing Retreats - Somerset

Radio – West Somerset Radio – Wellbeing Wednesday Health & Wellbeing weekly slot
Radio 10 – Wellbeing with Venetia weekly slot
BBC Somerset Radio – Interview on wellbeing, Meditation and Movement 4
Health

HEALTH & WELLBEING PRACTITIONER / CONSULTANT / TEACHER

April 1991- Present

Job description:

- Employment of intuitive and analytical skills to assess and to provide a holistic & clinical approach to health & wellbeing.
- Provide support, care and information
- Retreats Designer / Facilitator / Practitioner
- Designer/ Facilitator of Health & Wellbeing weekends, workshops and classes
- Design wellbeing treatment programmes
- Tutor classes / courses in areas of expertise.
- Talks and demonstrations.
- Author – writer of resources and self-help book
- Writer – Magazines
- Writer and designer for Insight 4 Health Schools educational / Happiness programme
- Writer – “Me Time’ scripts – Insight 4 Health
- Experience with all age groups and Adults with Learning Difficulties and Disabilities
- Designer & Facilitator of Free-Dance Events / Sessions
- Designer & Facilitator of Medicine Dance

Places of work:

- Irnham Lodge Complementary Health Centre – set up by doctors
- Somerset Skills and Learning – County Council college Minehead
- Toucan Wholefood Shop treatment rooms
- Private homes
- Residential / nursing homes
- On site work for film / music
- Health Farm – Cedar Falls
- Classes – varied locations, venues
- Exhibitions / health fares / shows – varied locations
- Workshops – varied locations
- Online consultations services
- Neal’s Yard Therapist - Dorchester / Exeter / Taunton
- Retreats
- Rainsbury House
- Onsite workshops / open days and events
- Festivals

CPDs & CPPDs

- PMF & HEC annual Teacher Refreshers
- Seminar / Workshop Hypnosis / NLP London
- Probotic Energy Workshop
- CPR – defibrillator training
- First Aid

BABY COLIC HELP BOOK



WEBSITES & FACEBOOK PAGES

Baby Colic Help

www.babycolichelp.co.uk

<https://www.facebook.com/babycolichelp>

True Nature

www.true-nature.co.uk

<https://www.facebook.com/truenaturecouk>

Free Dance South West

<https://www.facebook.com/FreeDanceSWest>

CONTACT DETAILS

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