

# **Umbrella Wellness**

United Kingdom

Manchester

**0203 105 0097**

**Appointments@umbrellawellnessltd.co.uk**

## **Objective**

Passionate and dedicated professionals specialising in counselling therapy , life coaching, and mental health support and advocacy. Committed to empowering individuals to overcome challenges and achieve their goals through personalised guidance and support.

## **Skills**

Counseling Techniques: Proficient in utilising evidence-based therapeutic approaches, including Cognitive Behavioral Therapy (CBT) and Person-Centered Therapy, to provide clients with effective support and guidance.

- Cognitive Behavioral Therapy (CBT): Skilled in helping clients identify and change negative thought patterns and behaviors to improve their emotional well-being and achieve their therapeutic goals.
- Person-Centered Therapy: Experienced in creating a safe and empathetic environment for clients to explore their feelings, thoughts, and behaviors, empowering them to grow and make positive changes in their lives.
- Life Coaching: Skilled in helping individuals set and achieve personal and professional goals through motivational, effective and supported coaching strategies.
- Mental Health Support: Experienced in offering mental health support and resources to clients in times of need, promoting overall well-being and self-care.
- Client Empowerment: Strong ability to build rapport with clients, foster a positive therapeutic relationship, and empower them to take control of their lives.

## Experience

This is a space to showcase how amazing you've been at your current or past jobs. In the experience section of your CV, let's showcase your journey in a friendly and approachable manner.

Start by highlighting your most recent role first, and describe your key responsibilities using dynamic action verbs. Focus on emphasizing the skills and strengths that are vital to your field, incorporating industry-specific keywords to paint a vibrant picture of your professional story.

Let's make your experiences shine in reverse chronological order, capturing the essence of your career journey with warmth and positivity.

MONTH 20XX - PRESENT

**Company Name, Location - *job title***

MONTH 20XX - MONTH 20XX

**Company Name, Location - *Job Title***

## Education

When outlining your education journey on your CV, think of it as a celebration of your hard work and accomplishments! Start by listing your latest achievement first and work your way back, sharing the institutions you've studied at, degrees earned, and any memorable moments from your academic adventure. **Don't worry if you don't have a ton of qualifications and experiences – we all have to start somewhere!** Feel free to add any honors or special recognitions to give a glimpse of your outstanding performance. Make sure to tailor this section to showcase your academic passions and eagerness to learn. Let your education story reflect the dedication and enthusiasm that drive your professional journey!

MONTH 20XX - MONTH 20XX

**College Name, Location - *Degree***

## **Awards**

**Showcase awards, certificates or training specific to the job you're applying for.**