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| Kristine KomendantovHIghly motivated and goal oriented caretaker with an eclectic range of experience looking to expand my knowledge and skills in a creative and high energy environment.  | **(845) 664-1858****Kris.Komendantov@gmail.com** |
| EXPERIENCEPersonal Aide, New City, NY — *Personal and Animal Caretaker*May 2011 - Sep. 2016, Nov. 2018 - Jan. 2019* Personally assisted a quadriplegic man in day to day activities
* Managed pets’ healthcare, diet, and grooming needs, and walked dogs
* Provided companionship and emotional support
* Cleaned and organized household and ran errands
* Demonstrated an ability to multitask in a high stress environment

Blue Osa Yoga and Retreat Center, Puerto Jimenez, Costa Rica— *Massage Therapist*Dec. 2017 - April 2019* Worked closely with yoga instructors and other therapists to determine best treatment for clients.
* Acted as a representative to the retreat by greeting guests and answering questions and concerns.
* Updated skillset to provide a wide range of treatments to guests.

Massage Envy, Ramsey, NJ — *Massage Therapist*Feb. 2016 - Feb. 2017* Consulted with clients to determine massage needs and special requests.
* Educated clients on the benefits of massage and specific massage modalities.
* Provided a range of massage therapies and techniques.
* Took continuing education courses to update skillset.

EDUCATIONInstitute for Therapeutic Massage, Haskell, NJ — *Massage and Bodywork Studies* June 2015LMT Success Group, Baltimore, MD —*Manual Lymphatic Drainage Certification* May 2015Shivagakomarpaj Old Medicine Hospital, Chiang Mai, Thailand —*Thai Massage I and II* Feb. 2017Upledger Institute, White Plains, NY —*Craniosacral Therapy I* May 2018 | SKILLSCustomer ServiceMassage Therapy and BodyworkCaretakingManagerialFood ServiceHousekeepingRetail |