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| Kristine Komendantov    HIghly 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 | SKILLS Customer Service  Massage Therapy and Bodywork  Caretaking  Managerial  Food Service  Housekeeping  Retail |