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# ANNE KAARID RESUMÉ

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ANNE@KAARID.CA



519-777-5055

313-101 VERONIC AVENUE  
LONDON, ONTARIO  
N5Z 3M9

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## SKILLS

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Organized, self-starter,  
people person. Critical thinker,  
leader and team player.

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- SMART SERVE
  - FIRST AID + CPR
  - NON-VIOLENT CRISIS TRAINING
  - G LICENSE | VEHICLE
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## EXPERIENCE

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### ENTREPRENEUR / OWNER / HEALTH PRACTITIONER

2009 - present

Owner/operator of natural health practice, customer service, marketing, public engagement, administration, bookkeeping

### ADMINISTRATION / CUSTOMER SERVICE

1990-2017

Various contracts in administration, customer service, public engagement for small to medium business, not-for-profit, arts and heritage. MS Office, social media and office environs.

### EDUCATOR / TRAINER

1998-2017

Trained in class, seminar and one-on-one settings in administration, finance, customer service, marketing and graphic design.

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## EDUCATION + VOLUNTEER EXPERIENCE

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### REGISTERED MASSAGE THERAPY

D'Arcy Lane Institute / triOS College  
Completed course July 26, 2019

### CERTIFIED NATURAL HEALTH PRACTITIONER

Canadian School of Holistic Studies  
+ various certifications in alternative therapies  
2009 - present

### YOUTH LEADER / MENTOR

Church youth leader, school student advocate,  
youth and young adult mentor (group and one-on-one)

### SMALL THEATRE / HERITAGE VOLUNTEER

Volunteer as guide, greeter, server,  
props (backstage), props builder, scene builder/painter