



Patricia C. Daway

PROJECT MANAGEMENT/ HEALTH & FITNESS PROMOTION/ WRITER

PERSONAL PROFILE

I speak to raising awareness of mind, body and spirit and enabling people to be their better self. I am a strong believer in community initiatives and collaborations.

ACHIEVEMENTS

- Upper Class Honours 2nd Degree 2004, Middlesex University
- Queens Jubilee Award

CONTACT DETAILS

Mobile: +1(664) 493-1004
Email: mzdaway@gmail.com
Portfolio: <https://eyesawakedaway.wixsite.com/eyesawake>
LinkedIn: <https://www.linkedin.com/in/patricia-c-daway-1004strat>
Address: Virtual

SKILLS & COMPETENCIES

I am proficient in the following: Project Management, Health Promotion, Health Events & Campaigns, Personal Fitness Training, Therapeutic Body Massage, Spa & Beauty Therapy Services and Writing.

WORK BACKGROUND

Writer/Author

SHUNNED, PUBLISHED JULY 2020

- Wrote my first book: **Shunned: How Love of Self Became My Redemption**
- Written Articles in Melange Magazine: <https://joom.ag/ZqNC/p136>

Health & Wellbeing

DAWAY TO FITNESSPA., NOV. 2017 - JAN. 31, 2020

- Founder and Owner of DaWay To FitnessSpa
- Deliver Health Awareness Workshops | Fitness Programs | Massage & Beauty
- Operational Management

ACADEMIC BACKGROUND

Middlesex University, London UK

BSC IN HEALTH PROMOTION, GRADUATED IN 2004

- Graduated with the Second Class Honours (Upper Division) 2:1

Middlesex University cum Barnett College, London UK

GRADUATED WITH ACADEMIC EDXCEL HND, 2003

- Graduated with EDXCEL HND in Health Therapies and Sports Fitness
- Graduated with Credit for ITEC Diploma in Anatomy, Physiology & Body Massage



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HEALTH PROMOTION/FITNESS/SPA/WRITER

EARLY YEARS WORK EXPERIENCE

Gyms & Spas:

I have worked within the UK health and fitness industry since 1999 for several years serving clubs and as a freelancer in Massage Therapy, Personal Training and Aerobic and Fitness Instructor for clubs such as Ability Gym, Clissold Leisure Centre, Complete Health Care Centre, Granada and Fitness First.

Offices:

I also have extensive office management and administrative skills with IDT Telecoms: Aug '00 – Jan '01; data entry skills with (UKCC) United Kingdom Central Council for Nursing Midwifery and Health Visiting, Mar – Aug 2001.

Caribbean Hotels:

Prospect Reef Tortola, BVI in June/Aug '97 as a Reservation Clerk. Jumby Bay Hotel, Antigua in June '95 - May '97 as Accounts Assistance for six months and the remaining year and half as a Reservation Clerk.

ACHIEVEMENTS

Highly Commended Award for Youth Work in East London on the platform of the Queens Jubilee, Commemorated by Sport England. The Reception was held at the House of Lords, Westminster, London, UK

Youth Leadership honoured for work in East London, Hackney, recognised by Local Councillor and MP at a reception held at the House of Commons.

SKILLS & COMPETENCIES

I am proficient in the following: Project Management, Health Promotion, Health Events & Campaigns, Personal Fitness Training, Therapeutic Body Massage, Spa & Beauty Therapy Services and Writing.

VOCATIONAL BACKGROUND

London School of Beauty & Makeup, UK

DIPLOMA IN BEAUTY THERAPY LEVEL 2, AUG 2019

- Eye Lash Lift Treatment, Waxing, Mani & Pedi Treatment, Facials,
- Work Experience at London School of Beauty & Makeup

Work-related Training

HEALTH-CARE TRAINING 2003 - 2010

- Smoking Cessation, Lone Parent & Smoking, Child Protection in Voluntary Sector, POVA (Protecting Vulnerable Adults),
- Moving & Handling, Infection Control, Fire Safety, First at Work,
- Stroke Practitioners Training (Enabling Carers)

ACADEMIC BACKGROUND

Chippenham College, Wiltshire UK

DIPLOMA IN INFORMATION BUSINESS TECHNOLOGY '98-'99

- One Semester in Psychology 1998 - 1999

Antigua State College, Antigua

GRADUATED WITH DIPLOMA IN BUSINESS MANAGEMENT '95

- RSA/OCR in Business and Key Skills Numeracy - Level 2



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HEALTH PROMOTION/FITNESSPA/WRITER

WORK BACKGROUND

Nov. 2017 - Jan. 2020: DaWay To FitnesSpa, Owner & Operational Director, Montserrat

Sept 2019 - Nov 2019: Holistic Therapist at 5 Star Grayshott Medical Spa, Grayshott, Surrey, UK

July 2017 - Sept 2017: Asst.Secretary to the Permanent Secretary, Premier's Office, Montserrat

April 2017 - June 2017: Senior Clerical Officer, Customs & Inland Revenue, M/rat

Nov. 2016 - April 2017: Compliance Officer Asst. St Patrick's Credit Union, M/rat

Jan 2015 - Sept 2016: Centre Manager cum Sports & Fitness Manager, Save the Seed Recreational Ctr, Tortola B.V.I

June 2015 - Dec 2015: Sports & Fitness Manager, Save the Seed Recreational Ctr, Tortola B.V.I

May 2014 - May 2015: Health & Well-being Consultant/ Personal Trainer – Save the Seed Recreational Ctr, Tortola B.V.I



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HEALTH PROMOTION/FITNESS SPA/WRITER

WORK BACKGROUND

May 2013 - Mar 2014: Self-Employed Health & Well-being Facilitator, Leeds UK

Sept 2013 - Jan 2014: Part-time Beautician Customer Consultant (Part time) Leeds UK

April 2012 - May 2012: Massage Therapist, Spa Elite UK, Northamptonshire UK

Feb 2012 - Jul 2012: Spa Receptionist & Massage Therapist, Jumby Bay Hotel, Antigua

Apr 2011 - Dec 2011: Volunteer Project Manager, Faith Miracle Temple Church, Toronto Canada

Apr 2009 - Oct 2010: Stroke Therapist Assistant, Clinicenta, London UK

Dec 2008 - Jan 2009: Massage Therapist, Kimantra Urban Spa UK, London UK

Oct 2007 - Jul 2008: Customer Service Adviser, Oyster Card, Transport for London, UK

Jun 2004 - Jul 2007: Youth Health Manager, Shoreditch Spa (Shoreditch Trust), London UK

May 2003 - May 2004: Youth Health Project Coordinator, SkyWays London, UK

May 2003 - Jan 2009: Project Manager (Founder & Director), DaWay To Fitness UK,