

## **Jael Lavonne Bang**

Virginia Board of Nursing License# 0019017187

### **Executive Summary:**

Dependable, patient, certified Massage Therapist. Worked directly with families as a child care and senior care provider. Now focuses on the physical aspect of helping people.

### **Education:**

- Old Dominion University                      Norfolk, VA                      August 2020-Present  
Bachelors in Biology
- Centura College                      Chesapeake, VA                      August 2018-March 2019  
Certificate- Massage Therapy

### **Skills:**

- Deep Tissue Massage                      ◦Trigger Point Therapy                      ◦Amiable
- Reflexology                      ◦Reliable                      ◦Time Management
- Swedish Massage                      ◦Analytical Thinker                      ◦Resourceful

### **Work Experience**

- Massage Therapist
  - Consult clients to understand health history, symptoms, and their desired results
  - Manipulate muscles and/or other soft tissues in an attempt to achieve results
  - Document the session either in SOAP format or a generalized summary
  - Build and maintain a rapport with clients and adapt the bodywork based on clients needs
- Teacher Assistant
  - Communicate with children's parents or guardians about daily activities, behaviors, and related issues.
  - Support children's emotional and social development, encouraging understanding of others and positive self-concepts.
- Senior Caregiver
  - Administer bedside or personal care, such as ambulation or personal hygiene assistance.
  - Care for individuals or families during periods of incapacitation, family disruption, or convalescence, providing companionship, personal care, or help in adjusting to new lifestyles.

### **Work History:**

- Massage Therapist, Self-Employed, Jan 2022-present

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- Massage Therapist, Massage Envy, Suffolk, VA: July 2019-Apr 2021
- Massage Therapist, Family Chiropractic & Acupuncture, Portsmouth, VA Nov 2019-Aug 2020
- Senior Caregiver, Home Instead Senior Care, Virginia Beach, VA: Aug 2018-Feb 2019
- Teacher Assistant, Bright Start Academy, Greenville, RI: Aug 2017- Apr 2018