

MARLA YAWORSKI

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Objective

To better facilitate student learning in the area of massage therapy involving anatomy, physiology, pathology, techniques, assessment and treatment of conditions. To implement and augment evidence based massage therapy theory and treatment. To assist with the profession moving into regulation.

Profile

- ♦ Accomplished educator with demonstrated ability to teach, motivate and direct students
- ♦ Maintain good relationships with students
- ♦ Able to instruct students of diverse education and background
- ♦ Self-motivated with strong organizational and leadership skills
- ♦ Maintain studies of the field of information being presented
- ♦ Able to resolve conflict

Professional Experience

EDUCATOR: Algonquin College – Ottawa, Ontario, 2011 – 2015
McKam College – Edmonton AB, 2016
MH Vicars school of massage, Calgary, AB, 2006 – 2011
Stone Spirits – Hot Stone Massage, Calgary, AB) , 2008 – 2011

- ♦ Instruction of course material using evidence based information
- ♦ Developed lesson plans and facilitated learning in the areas listed below
- ♦ Developed power points for lectures
- ♦ Demonstrated and assisted learning of massage sequences, techniques, treatments & orthopedic assessments/tests
- ♦ Assessment and treatment instruction for complex conditions
- ♦ Collaborated with peers and developed videos for specific treatments and specific modalities
- ♦ Supervision of massage therapy public clinics
- ♦ Supervised and assisted students at the cadaver lab
- ♦ Developed and implemented an active and interactive fitness program to assist the students in learning and development of body strength required for the profession
- ♦ Facilitated practical (hands – on) and written course material examinations
- ♦ Utilized blackboard for grading and student communication

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- ◆ Collaboration of clinical evaluations standards and marking
- ◆ Provided learning in both group and individual settings
- ◆ Taught in tandem with other educators
- ◆ Arranged access for students to register for First aid and CPR courses
- ◆ Taught the following course information:
 - ◆ Anatomy
 - ◆ Physiology
 - ◆ Pathology
 - ◆ Swedish & non Swedish techniques
 - ◆ Hydrotherapy
 - ◆ Ethics
 - ◆ Spa techniques
 - ◆ Pregnancy massage
 - ◆ Breast massage
 - ◆ Remedial exercise
 - ◆ Range of motion
 - ◆ Soap notes
 - ◆ Interview & communication skills
 - ◆ Hot stone massage
 - ◆ Assessment skills
 - ◆ Treatment skills
 - ◆ Orthopedic tests
 - ◆ Special tests
 - ◆ Professional business acumen
 - ◆ Regulation

INSTRUCTOR: (STONE SPIRITS, LETHBRIDGE, AB) 2008 – PRESENT

- ◆ Instruct theory and hands-on techniques for the application of hot and cold stone massage therapy

OWNER/OPERATOR PRIVATE MASSAGE THERAPY COMPANY 1991 – PRESENT

- ◆ Started as a sole proprietor and built the business into a corporation with 9 therapists
 - Built a clientele supported by 90% referral business
 - Currently own a sole proprietorship and a corporation
- ◆ Develop and implement strategic marketing plan for business:
 - Launched a thriving private practice, building revenue from \$0 to over 500K in first year with minimal overhead.
 - Create special promotions, write/design print and outdoor advertising, and coordinate all media buying.
- ◆ Manage all aspects of day-to-day operations
 - Facility rental/maintenance.
 - Client scheduling for busy office averaging 400 appointments weekly.
 - Finances: accounts payable/receivable, invoicing, insurance billing, budgeting.
 - Supervision of a therapists and receptionists
 - Compliance with all healthcare facility, insurance requirements and government regulations

◆ PERSONAL TRAINER

◆ GROUP FITNESS INSTRUCTOR

◆ PREGNANCY FITNESS,

◆ NUTRITIONAL WEIGHT LOSS

- ◆ Interval Training ◆ Physical yoga ◆ Resistance training ◆ Pure Strength ◆ Step
- ◆ Ball ◆ Hi-Low ◆ Pre & Post Natal Fitness Consultant

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Association Memberships

- ◆ MTA (MASSAGE THERAPISTS ASSOCIATION OF ALBERTA)
- ◆ CMTO (COLLEGE OF MASSAGE THERAPISTS OF ONTARIO) Associated Membership
- ◆ CANFITPRO

Education

RELAXATION & REMEDIAL MASSAGE THERAPY PROGRAM	1992
NORTHERN INSTITUTE OF MASSAGE -CLYDE, ALBERTA	
MANAGEMENT CERTIFICATE PROGRAM (BUSINESS)	1995
GRANT MACEWAN COMMUNITY COLLEGE – HINTON, ALBERTA	
IDP (INSTRUCTOR DEVELOPMENT FOUNDATION PROGRAM)	
NATIONAL ASSOCIATION OF CAREER COLLEGES	2011
GROUP FITNESS INSTRUCTOR	
AFLCA (ALBERTA FITNESS LEADERSHIP)	1991
CANFITPRO	2012
PRE & POST NATAL FITNESS CONSULTANT CERTIFICATION PROGRAM	2011
FAMILY PASSAGES TO WELLNESS	
PERSONAL TRAINER	
CANFITPRO	2012
NUTRITIONAL WEIGHT LOSS CONSULTANT	
CANFITPRO	2015
LYMPHATIC DRAINAGE CERTIFIED COURSE	
VODDER	2015
ÉDUCATION PERMANENTE (FRENCH LANGUAGE TRAINING)	2012- 2015
LEVEL 6 OF 9	
ROSETTA STONE FRENCH LANGUAGE TRAINING	2015 - Present

Additional Education

- ◆ MVA PROTOCOL ◆ SPORTS NUTRITION ◆ SPORTS INJURIES ◆ SPORTS REHABILITATION ◆ ONSEN
- ◆ MYOFASCIAL RELEASE ◆ CRANIAL SACRAL ◆ NEUROMUSCULAR THERAPY ◆ EPICONDYLITIS
- ◆ E-REGULATIONS WORKSHOP ◆ U TOUCH COURSES (21 MASSAGE RELATED) ◆ SWEITZER DEEP TISSUE MASSAGE ◆ PREGNANCY MASSAGE ◆ PAIN MANAGEMENT WITH QUA SHA AND CUPPING, INTEGRATED MANUAL THERAPY & ORTHOPEDIC MASSAGE FOR ELITE SPORTS THERAPY
- ◆ INTEGRATED MANUAL THERAPY & ORTHOPEDIC MASSAGE FOR CORRECTIVE EXERCISES FOR PAIN FREE LIVING AND PERFORMANCE ENHANCEMENT