

# Kaeleigh ELLIOTT



## PERSONAL PROFILE

Aspiring Global Health student with excellent communication, organization, program management, and speech writing skills. Proven experience with diverse community outreach and various marketing strategies. On a journey of discovery, both of myself and the world around me through the integration of science, art, engineering, and design. Inspired by the words of Gandhi: "The best way to find yourself is to lose yourself in the service of others." I am both a scientist and artist; inquisitive, disciplined, dedicated, and whole-hearted.

## EDUCATION

University of Cape Town **2020**

Bachelor of Science

Human Anatomy and Physiology (60%)

Mathematics (83%)

Yoga Alliance **2016, 2023**

200hr Teachers Certificate, RYS200: Inner Wellness Centre.

100hr Deeper Body, FluidUs Method, FluidUs Academy

Maris Stella School, Durban. **2015**

IEB National Senior Certificate

Bachelors Degree Pass with 6 distinctions

Head of Public Relations

## Contact

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## Date of Birth

24 April 1997 (26 yrs)

## Nationality/Passports

South African | Dutch

## Languages

Home: English

Conversational: Dutch

Basic: Afrikaans

## Reference

Dean McCoubrey

MediaWeb Group

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Email: dean@mediaweb.co.za

## HEALTH AND COMMUNITY WORK

ANARA Africa **Assistant**

**Current**

Clinical data assistant. Creative design and implementation for the ANARA website using WordPress; and patient information infographics and videos.

Trauma Advocacy Group (TAG) **Volunteer**

**Current**

TAG is a professional but informal association based in the University of Cape Town whose mission is to ensure optimal care to all people affected by and at risk of trauma and violence.

HITCHAT Entertainment, **Yoga Instructor**

**02/2021 - 04/2021**

Furthering the aim to empower young people in townships and disadvantaged communities by teaching yoga and meditation practices.

**12/2020 - 01/2021**

Western Cape Department of Health **VECTOR Volunteer**

Work with the University of Cape Town's Public Health Lecturer, Dr Datay, in support of Diabetic COVID-19 patients and their families by monitoring daily vitals and providing support online.

**12/2019 - 04/2020**

Golden Future South Africa **Project Manager**

- Coordinate with principals of schools in Khayelitsha & Langa Township.
- Lead modules (Health, Professional Development, Life Skills) for students.

**06/2017 - 08/2019**

SHAWCO **Student teacher (Subjects: English, Maths)**

Habitat for Humanity **School build**

# Kaeleigh

## ELLIOTT

10/2016 - 03/2017

ARCA Addiction Treatment Centre **Yoga Instructor**

4-week yoga programme as part of the Medical Detox Treatment.

AKESO Mental Health Clinic **Yoga Instructor**

Weekly yoga classes for all inpatients (aged 12-85) with varying diagnoses.

02/2010 - 03/2017

SANBS **Blood Donor Representative**

Pevensey Place **Cerebral Palsy Home for Adults Companion**

ALS/MND Association; Sunflower Fund **Fundraiser**

Just Us For Children **Organized and coordinated soup kitchens**

World Challenge India - Vatsalya Udayan **Taught English, Built prayer room**

Edith Benson; HOLAH Children's Home; The La Lucia Baby Home **Child carer**

Dancers Love Dogs **Performed to raise awareness and funds**

SMILE Foundation **Coordinate classes at schools**

### LICENSURE & CERTIFICATION

- South African (ZA) Drivers Licence (Code B)
- Open Water Diver Certificate (Padi)
- Level 2 Food Hygiene and Safety for Catering (LinkedIn Learning)
- Using Public Health Dashboards
- The Data Science of Healthcare, Medicine and Public Health, with Barton Poulson

### KEY STRENGTHS

- Quick to learn
- Adaptive thinking
- Dependable and committed
- Takes initiative
- Cultural competency
- Microsoft office, Wordpress

### INTERESTS

- Food, nutrition
- Meditation
- Breath work
- Traveling
- Ocean activity

### BROADER EXPERIENCE

07/2021 - 07/2022

77m Motor Yacht, Netherlands & Svalbard **Stewardess, Yoga Instructor**

34m Motor Yacht, Mediterranean **Deckhand, Stew, Yoga Instructor**

The Yacht Set, UK **Marketing Assistant**

- Social Media content creation and marketing.
- Create charter itineraries.

10/2019 - 05/2021

MySocialLife, South Africa **Growth Manager**

MediaWeb Journalism Hub **Junior Publicist, Public Relations Manager**

Luxury Travel Editors **Marketing & Public Relations Manager**

- Research new territories and areas of interest.
- Network and connect with relevant people and organizations.
- Create and develop databases for all businesses.
- Share and pitch stories to media/journalists.
- Content creation and marketing across all Social Media platforms.
- Web administration; design: Savant Studios, WordPress and MailChimp.

05/2021 - 06/2021

International Day of Yoga SA **Public Relations Manager**

- Content creation and marketing across all Social Media Platforms.
- Organise and coordinate raffle, prizes, donations for EarthChild Project.

01/2019 - 05/2021

YogaSpirit **Assistant Manager, Yoga Instructor**

- Handle client accounts and bookings.

02/2017 - 05/2021

Virgin Active, South Africa **Yoga Instructor**

Old Mutual, Sport Science Institute of South Africa Corporate **Yoga Instructor**

ADIDAS Runners, Cape Town **Yoga Instructor**

Sport Science Institute of South Africa **Substitute Yoga Instructor**

11/2019 - 01/2020

Octopus Resort, Fiji **Yoga Instructor, Dive Volunteer**

05/2019 - 06/2019

ABC Worldwide, (Pty) Ltd. **Recruitment Intern**

- Conduct interviews of both applicants and referees.
- Summarise Curriculum Vitae's and references to introduce to relevant companies around South Africa.